

Look for Heartbeat & City Trends

A salute to beauty
Inside



CITY NEWS

THE NEW JOURNAL OF CIVILIZATION

voice
A national poll
conducted by the NNPA
Page 6

Paranoia grips political officials

As Connie Sees it...
Page 4

National News

by Robert N. Taylor

Breast cancer twice as deadly for black women

According to new research released last week, black women are more than twice as likely as white women to die of breast cancer. The major reason is poverty. The researchers concluded that because of poverty and the lack of education about the disease, black women were less likely to seek early treatment. Emily University's Doctor J. William Ely, chief author of the study, said, "We have to concentrate on access to mammography and physical breast exams and educating women to understand the risk of breast cancer." The study was published in last week's issue of the Journal of the American Medical Association. It involved over 1,100 women in Atlanta, Georgia, New Orleans, Louisiana, and Oakland, California. It tracked deaths from 1990 and found that black women were 2.2 times more likely to die of breast cancer than white women.

CHICAGO, ILL.

Four charged in beating black Philadelphia family

Four whites have been charged with breaking into the home of a deaf black woman and beating her and her teenage son with baseball bats. Police say the attack was racially motivated. Joan Smith, 39, suffered a broken arm, a broken foot and gashes which required 14 stitches while her 15-year-old son received eight stitches as for cuts to the head. Family members say they have been attacked before. They live in the Fishtown section of Philadelphia. That section is nearly 98 percent white. Police speculate that the attack was aimed at driving the family out of the neighborhood. Three men in their twenties and one 41-year-old woman were charged in the attack.

PHILADELPHIA, PA.

Financial mismangement crisis shakes Morehouse

(Continued on page 3)

National Baptist conflict surfaces

Recent election blocked by court

Special to the NNPA from Louisiana Weekly
WASHINGTON, DC — One of the nation's largest Christian groups is in serious turmoil. The 35,000 church-member National Baptist Convention USA Inc. (NBCUSA), one of black America's most influential groups, is having more trouble making a leadership transition than a third-world country. Since the organization's election of Rev. Henry F. Lyons as president of the group in New Orleans on September 8, there has been a flurry of activity on the part of the previous leadership group, apparently, to invalidate the election and return the Convention to the leadership of Rev. T.J. Jemison's hand-picked successor, Dr. W. F. Richardson.

At the same time, as President Clinton was making a major address before the NBCUSA, Rev. Richardson was defeated by Lyons in the group's convention elections. But, what followed at the Windsor Court Hotel was the beginning of post-election meetings where Richardson/Jemison's forces are said to have put in place processes and strategies to avoid having to

turn over the administration of the largest black organization in the world to the "reform minded" Rev. Lyons. After the election, the transition of power from Rev. Jemison to Rev. Lyons was scheduled to occur in a formal manner on October 6, at the World Baptist Center in Nashville, where the headquarters of NBCUSA Inc. is located.

Initially, "retiring president" Rev. Jemison had agreed to a transfer of assets, namely bank accounts and account records, on September 30 at his Baton Rouge office. President-elect Lyons was scheduled to fly to Baton Rouge on September 29, to obtain the records, and meet with the new board of directors of the NBCUSA Inc.

However, it appears that the Jemison-backed faction never intended for Lyons to take office and had lawyers working to assure the transition would not take place.

For the past six decades the presidency of the NBCUSA Inc. has been held by only two leaders, and Rev. Jemison has main-

(Continued on page 3)

Win free tickets to see Sinbad Just tell us a joke



This is your last chance!
to win a pair of tickets to see Sinbad's
Laughter Spectacular on
Saturday, October 15,
at the State Theatre in New Brunswick

Just give us your
name, address and tele-
phone number and don't
forget your most impor-
tant item—a joke. Win-
ning names will be
picked from a hat.

Send entries by
Thursday, October 13 to

City News Jokes
P.O. Box 1774
Plainfield, NJ 07061.



Newark businesses honored at MED Week

by Paul Joseph



Man of the Year, Brian Finney

The City of Newark opened Minority Enterprise Development Week with an annual awards program recognizing the contributions of minority-owned businesses to the renaissance of the city.

The ceremony, held in the rotunda of City Hall, celebrated the great impact that small businesses have in the communities they serve.

Mayor Sharpe James, along with Department of development and the New Jersey Division of Economic Development (NJED), joined in recognizing the great contributions of minority-owned businesses to the economic strength and survival of the city.

James praised the merchants and entrepreneurs. He noted "They are heroes who have committed themselves to the city and it is the small and minority-owned businesses that brings jobs to the heart of the community."

"They are the backbone of the Newark community," James added. "We need to make sure that the renaissance supports

small businesses."

Rosemary A. Hocking, director of the Department of Development said paying tribute to those who have contributed to the growth of the city was very important because they are the ones who provide an economic base for the renaissance.

Awards for outstanding Newark Minority businesses were given to seven local merchants including: Les Femmes Beauty Shop on Lyons Avenue, J&G Jewelers on Pacific Street, E. Palmer Paving of Pennington Street, Ralizer Enterprise/Beaver Lumber on Broadway, Tom's Chicken Shack on Clinton Avenue and Ke-Bar Book store.

Elegant Eyes on Broad Street received the Minority Business of the Year for the City of Newark Award. Owner Abdul-Aziz said he was honored by the award and that he and his wife had worked hard to establish the business.

"We started the business from scratch, we had to sell our home, even our own kids' toys. In the end, Aziz said their persistence made their dreams come true."

Bryan K. Finnie, director of Urban Programs Division, NJED was honored with the Man of the Year Award. His job is responsible for promoting minority businesses in the state of New Jersey.

He thanked the city for the award and said that his job is to make sure that urban areas get a fair share of monies set aside for businesses. He urged the minority business companies to "use his office as a means to an end."

"It is a pleasure for me to help those of you who have been in the heart of the community," he ended.

Lewis Rosser, DBE, Program Administrator of the Small Disadvantaged Business Program at New Jersey Transit was given the "Outstanding Achievement In Government Services Award" while several area banks, businesses and government agencies received "Special Recognition" Proclamations. They include: New Jersey Transit, New Jersey Economic Development Authority, the Bank of New York, Port Authority of New York & New Jersey and Public Service Gas and Electric.

City National Bank was awarded with the "Outstanding Achievement in Banking Award."

Literacy Campaign kicks off in Newark

by Paul Joseph

It is a fact that millions of adults living in the world's wealthiest nation cannot fill out a job application, make out the instructions on the back of a bottle of pills or even read their children a bedtime story.

The recently published National Adult Literacy Survey said over 2.5 million of New Jersey's adults are performing at the "lowest levels of literacy."

Recognizing this grave problem, the Partnership Against Illiteracy kicked off October as literacy Awareness Month at a ceremony in Newark.

Laurie Anne Roemmele, the new executive director of the Partnership Against Illiteracy and facilitator of the event, said choosing the month provides an opportunity for the organization to seek potential learners and volunteers, solicit funds and alert public officials and policy makers to the seriousness of the state's and nation's reading problem.

However, she noted, "literacy is an impacting serious issue that we as a community need to promote all year around."

In New Jersey, more than 23 percent of all adults lack a high school diploma, according to a recent release by the New Jersey Association of Lifelong Learning, a supporter of the project.

"It is frightening to think that we can still face a nation that is staggering on the border of illiteracy," said Richard A. Lewin, president and CEO of the United Way of Essex & West Hudson which funded the program. "We should be very angry," he added.

On hand to launch the program were Harry Van Houten, a representative from Governor Whitman's administration who read the governor's proclamation designating October as Literacy Awareness Month; and Newark Deputy Mayor and Chair of the Literacy Awareness Month, Ramona A. Santiago who said that it was in the state's best interest to "see that our children will not grow up to be illiterate," and the program seeks to "improve opportunity of success for those who seek a better quality of life."

East Orange Mayor and Essex County Executive Democratic Candidate Cardell Cooper, stressed the need of the government to invest in literacy programs and urged them "not to cut the safety net and let the heart, soul and fiber that we need to make a strong nation fall through."

Keynote Speaker, Rep. Donald Payne (D-10th Dist.) was at the United Nations in his role as Spokesman for South Africa. However, his assistant Richard Thigpen delivered his prepared remarks.

In addressing the crisis on a national level, Payne noted that African Americans and Hispanics represent a disproportionate number of prison inmates and "the overwhelming number of them function at the very low levels of literacy."

He stressed literacy for inmates as a component of the recently congressional approved Crime Bill.

"It is good for all not to simply be tough on criminals," Thigpen read, adding, "but also to insure that we use the time they spend in prison to provide them an alternative in

(Continued on page 4)

Senators Bradley and Lautenberg campaign for Cardell Cooper

LIVINGSTON—Senators Bill Bradley (D-NJ) and Frank Lautenberg (D-NJ) recently endorsed East Orange Mayor Cardell Cooper for Essex County Executive. Armando Fontoura for Sheriff and Carole Graves for Registrar at a press conference held last week in Livingston.

Tom Giblin, Essex County Democratic Party Chairman stated, "The primary is behind us and Democrats throughout Essex County will be working in unison to secure a total victory for all Democrats across our county including our municipal candidates." Giblin further commended efforts for an accelerated voter registration drive.

Senator Bradley said, "Cardell Cooper is the right choice for Essex County Executive because he has the determination and drive needed to bring leadership and innovation to Essex County," and urged Cooper as the "candidate for change."

As Mayor of East Orange, the county's second largest city, Cooper cleaned up a broken city government by bringing in professionals, erasing a 8 million dollar debt and lowered the taxes of East Orange three years running. In addition, Mayor Cooper put 85 more police officers on the streets to bring down the crime rate and has been in the forefront of Essex County officials who fought for the passage of the Crime Bill in Washington.

Bradley further stated that Cardell Cooper's proven management ability is what the reform government needs for change and reform.

Also in attendance and running on Line A with Mayor Cooper was Congressman Herb Klein (D-8th Dist.) and congressional candidate Frank Herbert (D-10th Dist.). Bradley further stated that Cardell Cooper's proven management ability is what the reform government needs for change and reform.

Cardell Cooper flanked by Lautenberg (3rd from l) and Bradley (3rd from r) and other party whips.

Photo: Glen Fierman

participated at the press conference to show their unity and support for the Democratic party and the Line A candidates for the November 8 general election in Essex County.

"We are here to show a unity of purpose and commitment today," said Torricelli and remarked that although the assembled group was unique with different levels of government and different personalities, the Democratic Party is back and back strong. Cardell Cooper is the respected choice needed to represent the people of Essex County."

Mayor Cooper announced that it was an important day for the Democratic Party to "kick off a campaign of confidence." Cooper applauded and thanked Tom Giblin. "With our energy combined, there is no way the republicans can beat us."

Cooper also stated that change for the county "must come from within" and he was

ready to make the tough decisions necessary for that change. "We will make Essex County wealthy again and be the consciousness of the people in this county."

As a part of his "Agenda for Change," Cooper said he plans to restructure County Government and will immediately initiate an internal audit of all county departments to eliminate duplication and waste. To cut costs and save the tax payer, Cooper also plans to create local and regional purchasing and service alliances. The Mayor reaffirmed his commitment to preserve and protect the environment so as not to have a recurrence of the Hilltop dumping. In addition, Cooper stated he will focus on economic development in the County's high unemployment regions. As County Executive, Cooper says he will "work with and for the residents of Essex County."

OPINION EDITORIAL

Joining an organization is good for your heart and mind

Inside this issue of *City News*, a copy of *City Trends* was inserted, a publication which highlights the 50th anniversary of the Modern Beauticians' Association (MBA). It was important for City News to join with the Modern Beauticians not only to celebrate its accomplishment but to make the broader community aware of this organization and to encourage other beauticians to join.

It's organizations like the MBA and NAACP that help to keep us focused on the challenges that we face individually. By joining organizations like these, hopefully we can gain strength to overcome collectively.

It was suggested that the recent incident with the NAACP was caused by those who finance the NAACP and who call the shots for the organization.

Joining these organizations and paying membership fees, allow issues relevant to black folk to be addressed without compromise. The cost of membership is about the same as two trips to McDonald's.

Remember, taking out membership has zero calories, no cholesterol and can be extremely good for the heart and mind.

Midnight basketball: one key to inner city revival

by Walter C. Farrell, Jr.

Midnight basketball programs in the nation's inner cities have generated intense discussion and controversy during the debate on the recently passed crime bill in the U.S. House of Representatives. Conservatives in both the Democratic and Republican parties denounced them as part of a "social pork barrel" that would do little to improve social and economic conditions in distressed urban communities.

A wide range of theories have been advanced to explain the steadily deteriorating quality of life in inner city communities. Yet one perspective has held sway in recent public policy debates: That a deterioration in individual responsibility and family morals and values, rooted in liberal social welfare policies and programs of the 1960s, is principally responsible for rising rates of crime and violence. These theories include, but are not limited to, welfare dependency, joblessness, family disruption, out-of-wedlock births, and gang-and drug-related lethal violence in US inner cities.

Based on this view of underlying causes, policy makers, with widespread public support, have instituted a set of, what some consider, paternalistic and punitive public policies to "change welfare as we know it" and to foster normative behavior among the inner city poor. In response to the high rate of lethal violence, for example, police makers instituted a series of "Get tough, lock them up and throw away the key" crime policies during the 1980s.

To reduce welfare dependency and to foster responsibility and strengthen family values and life policies designed to teach the inner city disadvantaged the importance of staying in school (LearnFare) not having children until marriage (WedFare and BrideFare) and getting and maintaining a job (WorkFare) have been implemented in many states and currently are being contemplated at the federal level.

There is, however, a growing body of evidence which suggests that these policies may not yield the desired results. It is clear, for example, that the "get tough" on crime policies of the 1980s have not significantly reduced the incidence of illegal and violent criminal activities in inner

city communities, and it is doubtful that the US economy can create enough good jobs to "change welfare as we know it."

An emerging school of thought suggests that access to social resources is the key to the resolution of the pressing problems of the inner city. Social resources can be broadly defined as contacts through which the individual maintains his/her social identity and receives emotional support, material aid and services, information, and new social contacts. Such support can be obtained from individuals (e.g., immediate and extended family members, friends, co-ethnics, etc.) and/or institutions (e.g., churches, community-based organizations, etc.).

Historically, such community-based social resources as the Boys' and Girls' Clubs, the YMCA, and the YWCA played a "mediating" role in inner city communities. They encouraged the inner city disadvantaged, especially poor youth, to pursue mainstream avenues of social and economic mobility and discouraged them from engaging in antisocial or dysfunctional behavior. During the 1980s, however, these so-called mediating institutions lost much of their financial support and thus became less effective precisely at the time the problems confronting the urban disadvantaged were worsening as a consequence of massive inner city disinvestment on the part of major employers, financial institutions, and the federal government.

Midnight basketball leagues, focusing on inner-city minority males, are examples of a new generation of social resource programs, which are designed to mend the social fabric of inner city communities. Our recent evaluation of Milwaukee's midnight basketball league suggests that the "returns" on the money invested in this private-sector initiated and funded program are far greater than the returns on the enormously popular punitive and paternalistic policies and programs advocated at all levels of government.

In this case, a \$70,000 investment, according to Milwaukee Police Department statistics, reduced crime by 30 percent during the first year in the target area, and our evaluation indicated that the program

* Created a safe haven in which the

by Connie Woodruff

Paranoia seems to be gripping more politicians than usual and in response many of our public officials are turning into whining, complaining, self-centered creatures claiming they are being "picked on" by colleagues, constituents, the media and just about anybody exercising their right to question the men and women who serve at the pleasure of the public and private elites.

These are not good days, financially speaking, for Essex County, Newark, East Orange, Orange and a few of the smaller municipalities.

Essex County residents have gotten their new tax bills and it is

participants (and the fans) could engage in positive social activities.

* Channeled the energy of gang members in a positive direction.

* Significantly improved the educational and career aspirations of program participants.

How do the relative returns compare? The amount of money invested in Milwaukee's midnight basketball league would maintain two inner city minority males in prison for roughly one year. One does not have to be an investment banker to realize that programs like this will contribute far more to inner city revival than any or all of the punitive and/or paternalistic policies that currently garner so much political and media attention.

Dr. Farrell is professor of Educational Policy and Community Studies at the University of Wisconsin-Milwaukee (UWM). A where he also serves on the graduate faculty in Urban Studies.

by Sharon Khadijah Vincent

The criticism directed at the Ebony Association for speaking up on behalf of one of its members was very puzzling. Isn't that what associations are supposed to do, represent their membership and advocate on their behalf? Certainly, when the Police Benevolent Association (PBA) speaks out on issues, it isn't subjected to the barrage of attacks questioning its right to do so, like the Ebony Association was during the recent publicized incidents occurring in Plainfield.

The Ebony Association, which represents the concerns of African American police officers, spoke out against what they saw as unwarranted verbal attacks, and intimidation of a fellow officer by Plainfield Police officials and County Prosecutor Andrew Ruotolo. This was after an altercation between an African American police officer and a white police officer in the Plainfield Police Station. Debris or who was to blame, the events following the altercation are seen quite differently. The African

definitely not a time for rejoicing.

The police elected officials must expect to be questioned on how they spend taxpayers' dollars. The gap between the lifestyles of the politically powerful and their minions and those who foot the bill is definitely widening.

Many elected officials hold down two jobs; some have spouses and children on the public payroll while their constituents are lucky if they have one job. If an elected official runs into a legal problem, his lawyer's fee is either paid by the governing body on which he or she serves, or friends and supporters of the alleged culprit have a "Friends Of..." fund raised to cover legal expenses. Ordinary people have to do the best they can to stay out of jail or pay an attorney to represent them no matter how innocent or guilty they are of charges.

And there are countless other "perks" voters knowingly or unknowingly give their elected officials: a variety of insurance coverage, pensions, free meals, cars, office staffs and other fresbies I can't think of at the moment.

In recent weeks the subject of automobiles for Newark city council members and board of education members has once again come to the fore.

Characteristically, members of both groups resent being questioned on the need for cars for these people to carry out their appointed duties. As little extras, taxpayers meet the expenses of car maintenance, car insurance and free gas.

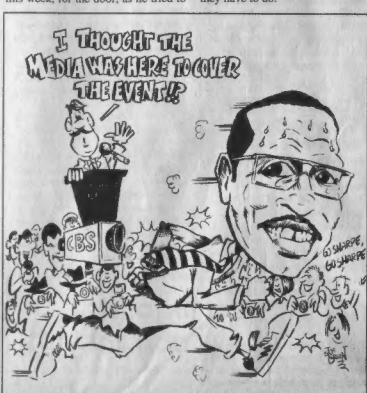
Like other government employees, council and Board of Ed. members could use their own autos and be reimbursed for mileage, gas and pay for their own insurance. Officials also have the luxury of parking free within the Newark boundaries and recently changed a bus pickup in from city hall to allow official parking within a few steps of the basement entrance on Broad Street. Once again the ordinary people

working or having business inside the hall are forced to use parking lots in the area where the daily and monthly charges are hefty.

If some of these people don't know why questions are asked, they have a problem. Sometimes it's because their responses just don't make sense. Like one board of education member who said she needed a car because she often visits several schools a day and has multiple meetings (we assume in her role as board member). Well, this person is employed full time by a Newark council person. It makes one wonder whether or not the hours she puts in for the board of education are doctored from her pay as a council person's aide?

In his day Mayor Sharpe James was quite an athlete: tennis, swimming, golfing and track.

Apparently he has not forgotten how to run for the gold—or as he did this week, for the door, as he tried to



I got your back, but who's got mine?

American officer felt that there was an unfair attempt to bully, intimidate, harass and discipline him, which the white officer was not subjected to. That is why the Ebony Association got involved and spoke out publicly against what they saw as unfair and questionable treatment of the African-American officer.

Regardless of whether or not one agrees with how the matter was handled by Plainfield Police officials and County Prosecutor Andrew Ruotolo, what's very disturbing is that the right of the Ebony Association to raise their concerns on behalf of one of its members was questioned and attacked. Even more disturbing were the reported comments made by certain officials calling members of the Ebony Association "stupid" and "ignorant" and the admonishment that the organization was "messing with" certain politicians or "would be" politicians "images." Some of the most vocal critics were the local black elected officials who charged the Ebony

Association with playing the "race card." In an effort to circle the wagon around most notably County Prosecutor Andrew Ruotolo, the focus moved away from dealing with the primary issues involved in this incident, and instead moved to doing whatever was necessary to do damage control and political face saving.

Whether the handling of the original incident was correct or not is questionable, depending on whose side of the story you listen to and believe. Certainly, the Plainfield Police Department as well as any other organization, agency, etc., has certain rules, regulations and procedures of protocol that it expects to be followed and adhered to. Along with that goes the understanding that if certain rules and regulations are broken certain disciplinary actions may be taken.

That is why associations exist, to address and advocate on behalf of their members interests. One doesn't have to agree with them, or even believe that they are correct when they speak out on certain issues. They can and should be subjected to criticism. But,

to attack them based on questioning their right to exist or represent their membership, in any attempt to silence dissent, is wrong and should not be tolerated.

The Ebony Association has proven to be an absolutely necessary organization, based on the numerous reports of African American officers being subjected to racism, prejudice and biased attacks inside police departments all across this country. African American officers sometimes not only have to be worried about the criminals and thugs out on the streets, but by the very real possibilities that they will be shot at or attacked by fellow white officers in cases of "mistaken" identity. The recent shooting of an African-American undercover officer in New York (he was shot four times in the back) by a white officer highlights this increasingly frequent problem and concern.

The Ebony Association should, and must continue to speak out and represent its membership. It's not "playing the race card," it's simply adhering to principle.

Literacy campaign

(Continued from page 1)

native in life."

Payne who also serves as honorary chairman of the literacy month also said the future workforce will include individuals with a strong reading base and "those workers who do not have the literacy skills to function in a work environment will discover that as technology advances, they will be left behind."

During the month the program will sponsor several events including Hispanic Community Reads Day on the 18th and a professional seminar, "Creating High Quality Adult Education and Literacy Program in New Jersey: Practitioners, Researchers, Policy Makers and Learners Working Together" will take place on October 21. The Literacy Awareness Month will conclude with a ceremony recognizing local programs, tutors and volunteers at a reception at Essex County College on the 28th.

All events are open to the public. Anyone seeking more information should contact the partnership at 201-824-4185.

Who helps small businesses grow?

The businesses: Small and minority-owned companies seeking to seize new opportunities and maximize growth.

The advantage: One loan officer to work with you every step of the way — no committees, no red tape.

The goal: To simplify the process and provide capital whenever possible to qualified businesses.

The result: More small businesses have grown larger with the help of United Jersey®. To find out how we can help you, stop by your nearest United Jersey® office or call Bruce Kasper, Vice President, Minority Lending Group at (201) 646-6175.

Who else but the fast-moving bank!



Member FDIC. Equal Opportunity Lender. Member of UJB Financial Group, a financial services organization with over \$13 billion in assets.

CITY NEWS

Publisher
Henry C. Johnson, Ph.D.

Executive Editor
Jan M. Edgerton-Johnson

Assistant Editor
Sandra Wright

Editorial Assistants
Steve Green, Sherry Burtis

Director of Advertising Sales
Lorraine Davis Hickman

Contributing Writers
Sharon Khadijah Vincent, Connie Woodruff, Paul Joseph

Composition & Layout
Sandra Wright, Steve Green



City News is published weekly by City News Publishing Company
P.O. Box 1774, 144 North Avenue, Plainfield, N.J. 07051, Telephone (908) 754-3400 FAX (908) 753-1036. The publisher reserves the right to delete objectionable words or phrases or to reject any advertising. This publication, in whole or parts thereof, may not be reproduced in any form whatsoever without the express written permission of the Publisher. City News assumes no responsibility for unsolicited manuscripts, art or photographs. No material submitted can be returned without a stamped, self-addressed envelope.
Copyright 1994 City News Publishing Company. All rights reserved.

KidsKalendar

OCT. & THRU DEC. 18

MONTCLAIR—There are weekend courses and activities for academically gifted/talented children in grades 4-10 at Montclair State College. For more info, call 201 655-4333.

OCTOBER 15 AND 22

JERSEY CITY—There will be a two-part computer workshop for teenagers 13-15 at Jersey City State College from 9 a.m. to 12 p.m. For more information call 201-200-3089.

SATURDAY, OCTOBER 15

NEWARK—There will be a Hooley for Children Program "Latin American Folktales for Children" at the Newark Public Library at 2 p.m. in the Centennial Hall.

PLAINFIELD—There will be story telling by Jan Sade at Plainfield Public Library at 11:30 a.m. For more info, call 908-757-1111.

SUNDAY, OCTOBER 16

NORTH BRANCH—"Coppella," an amusing ballet sponsored by the New Jersey Ballet will be at the Edward Nash Theatre at Raritan Valley Community College. For more information call 908-725-3420.

OCTOBER 18 AND 25

SUMMIT—There will be a two-day "Puppet Making and Puppet Show Workshop" for ages 3-6 at the New Jersey Center for Visual Arts from 3:30 p.m. to 5 p.m. For more information call 908-273-9121.

OCTOBER 18 - 20

PLAINFIELD—There will be several after-school activities including story-telling, game day, and film programs at the Plainfield Public Library beginning at 3:30 p.m. For more information call 908-757-1111.

OCT. 20 THRU JAN. 8

NEWARK—There will be 115 performances given by "Grandma" N's la-volta senior citizen clown at The Big Apple Circus, 35 W. 58th St. For more info call 212-368-2500.

FRIDAY, OCTOBER 21

WESTFIELD—The Rutgers Cooperative Extension of Union County will conduct a workshop on pumpkin painting and trick-or-treating safely from 7 p.m. to 8:30 p.m. at 300 North Ave. For more info call 908-654-9854.

Send Kids Kalendar events to:

City News,

P.O. BOX 1774,

PLAINFIELD, NJ 07050

YOUTH/EDUCATION/SUCCESS

Parents find a great alternative to Halloween treats

EDISON—Finally, concerned parents can feel good about the treats they give away this Halloween. Making its "right-night debut," Pentech International, Inc. is introducing a festive assortment of Halloween pens, pencils, erasers and other products which are perfect for parents who are looking for Halloween giveaways that aren't loaded with sugar and fat.

Featured in the new line of Pentech Halloween products are glow-in-the-dark pencils illustrated with ghosts that glow when the lights go out! Also included are glitter and fabric covered pens and unique pencils with Halloween graphics. In addition, the pens and pencils have adorable toppers in the form of pumpkins, ghosts and witches! Distinct packaging sets the seasonal tone with fun graphics which attract young ghouls and boys.



OCNJ invites high school students to enter art contest

ORANGE—The First Occupational Center of New Jersey has announced its Annual Art Contest. Ninth to 12th grade high school students from throughout the state will be asked to express, with creative works of art, the transition that persons with disabilities make "From Dependence to Independence."

According to OCNJ President, Rocco J. Meola, "High school students today very often do not understand the nature of disabilities and how they affect the lives of their classmates. With these paintings we hope to introduce and educate all students on this most important topic. This is a topic that will play a large role in the future of our youth."

Artwork should depict or symbolize the theme, "From Dependence to Independence," by depicting people with disabilities working happily with people without disabilities. Artists are

free to use abstract expression and to interpret this theme broadly.

Three cash prizes will be awarded to the winning artists in amounts of \$500.00 for first prize, \$300.00 for second prize and \$200.00 for third prize. The winning entries will be framed and hung in the OCNJ building in Orange.

Art can be in the following visual media: drawing, photograph, painting, or computer graphic. Clip art or pre-drawn commercial art may not be used. Artwork can be in color or black and white. Submissions should be mounted on art board and be a minimum of 11" x 17" or greater.

Entries are due by November 30, and may be sent to "1994 Art Contest," The First Occupational Center of New Jersey, 391 Lakeside Avenue, Orange, NJ, 07050. For more information please call Joyce Bissard at 201-672-5800.

Boy Scouts seeking new membership

PLAINFIELD—The Plainfield Boys Scouts is seeking young men who are ready to take on as much fun, adventure, excitement and challenge as they can handle. Parents are encouraged to bring their boys to the Plainfield Library's Downstairs meeting room on Wednesday, October 12 for a special membership night. For additional information call 908-654-9191. The meeting will begin at 7:30 p.m.

Read City News
Metro Newark's #1
American American Weekly
News Journal

NEA Kicks-off 94

Christmas Seals Contest

WASHINGTON, DC—The National Education Association (NEA) Health Information Network and officials from the American Lung Association have joined forces to announce the kick off of the "1994 Christmas Seals Kids' Drawing Contest."

The national competition invites school children aged 6 to 15 to create a design around the theme "Things That Make You Feel Good at the Holidays." Winning entries will be featured in the Christmas Seals campaign for the 1995 season.

NEA, the nation's largest education employee organization, is supporting the campaign by urging its members to make the drawing contest part of their planned classroom activities around the holiday season. To further publicize the contest, a notice will be published in the October issue of NEA, which is mailed to the Association's 2.2 million members.

"We are pleased to promote this activity on behalf of the Christmas

Seals—an American tradition," said James H. Williams, executive director of the Network. "This contest offers a unique opportunity for children to help other children during a season of giving and hope."

Entry rules for the contest are:

- On a 8 1/2 x 11 sheet of unlined white paper, have your child draw, in color, a picture of something that makes him/her feel good at the holidays.

- Complete the official entry form below and tape it to the back of your drawing and print the child's name on the back of the drawing.

- Mail entry to: Christmas Seals Contest, P.O. Box 190950, Dallas TX 75219-0950. Entries must be received by March 31, 1995.

Triaminc, makers of cough and cold medicines for children, has pledged \$1 to the American Lung Association's children's programs for every eligible entry received.



Official Entry Form

Please Print
Child's Name _____
Parent/Guardian's Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Child's Date of Birth: (month/year) ____ / ____ / ____
School _____ Phone _____

☐ Yes, I would like to be a member of the Triaminc's Parents Club.
Membership is free.
☐ I am already a member of the Triaminc's Parents Club.

The Triaminc's Parents Club was created in 1992 by the makers of Triaminc's cough and cold medicines as part of an ongoing commitment to help parents raise happy and healthy children. Through ongoing, complimentary mailings, member families receive informative articles on children's health and safety topics, receive savings offers on child safety products and valuable coupons on a variety of children's products.
No purchase necessary. Contest ends 3/31/95. Void where prohibited.

Free trick-or-treat bags to be given away

NEWARK—PruCare, The Prudential Health Care Plan, will distribute free Halloween trick-or-treat bags through 400 participating Rite Aid, Genovese, Shop Rite, Pathmark and Duane Reade pharmacies in the New York metropolitan area, Long Island, New Jersey and southern Connecticut. The bags, which are imprinted with trick-or-treat safety tips, will be available to consumers starting October 24.

The PruCare trick-or-treat bags feature McGruff the Crime Dog against a colorful Halloween background. The tips on the bag cover neighborhood safety, costume visibility and adult supervision.



PruCare's free Halloween trick-or-treat bag

Courses for academically Gifted/Talented youth

MONTCLAIR—If your gifted children are bored with Saturday and Sunday morning cartoons, let them expand their horizons by attending Montclair State University on the weekends. There they will experiment with chemistry, learn about historical murders, mysteries and intrigue, explore the world's oceans; be introduced to robotics and micro-electronics; discover writing methods for creating mystery, suspense and sci-fi stories and more in classes specifically designed to challenge their intellectual talents.

Montclair State University's Academically Gifted/Talented Youth Programs is presenting its series of fall courses for gifted youth in grades 4 through 10 running through the weekend of Dec. 17. Now in its 14th year, MSU's program for academically gifted youth is the largest of its kind in the state and the metropolitan area. Its continued growth and popularity are attributed to course offerings constantly reviewed and updated.

Qualified students take two courses on Saturdays or Sundays, offered from 8:45 a.m. to 1 p.m. on the MSU campus. Most children complete their coursework by 11:30 a.m. Each of the two classes, one in the verbal area and one in quantitative, lasts 75 minutes with a 15-minute break between classes. Special Saturday laboratory courses, featuring a

75-minute lecture session and 75-minute laboratory session emphasizing hands-on experiences, also are offered. All classes are taught by experts in the specific disciplines. An awards ceremony will be held on the final weekend and participants completing the program will be given certificates of achievement.

Space is limited; students will be accepted on a first-come/first-served basis.

Additionally, the Center recognizes that academically gifted youth people have many special needs, ranging from challenging academic work to a distinct emotional support system. In response to these needs, Parents of Gifted Offspring (POGO) was established more than 10 years ago by a group of concerned parents to discuss these and related issues. Led by experts in the field of gifted education as well as child and adolescent psychology, hour-long POGO seminars take place while students are involved in the weekend classes. Parents of gifted children not enrolled in MSU's program are also invited to attend. A schedule of seminars will be distributed the first day of the weekend program.

For further information or to obtain registration materials, contact MSU's Academically Gifted/Talented Youth Programs weekdays at (201) 655-4104 or 4260.

YES MAGAZINE OF THE NEW GENERATION

Fashions
There's a new kid on the block
Central High
Check your mood
Butter
Summer
Meltdown
T-Shirt
Contest
Winners

BACK TO SCHOOL

GET YOUR SUBSCRIPTION TODAY. YES HELPS YOU MAKE THE GRADE!

NAME: _____			
ADDRESS: _____	CITY: _____	STATE: _____	ZIP: _____
SCHOOL: _____		GRADE: _____	
SEND GIFT SUBSCRIPTION TO:			
ADDRESS: _____	CITY: _____	STATE: _____	ZIP: _____
• RETURN TO: YES MAGAZINE, P.O. BOX 191, PLAINFIELD, NJ 07061 •			

Billboard

WEDNESDAY, OCTOBER 12

JERSEY CITY—The New Jersey Symphony Orchestra revisits the 1920's era with an evening of music, dinner, dancing and entertainment at the Liberty State Park Train Station at 6 p.m. For more info, contact Dan Zanello at 201-624-5713 ext. 213.

THURSDAY, OCTOBER 13

SAYERSVILLE—Singer Melissa Morgan and saxophonist Kim Lawrence will appear at Club Sane. Dinner will be served at 7 p.m. Showtime is at 8:30 p.m. For more info, call 908-727-3000.

WAYNE—Renowned accompanist, John Wustman, will perform at William Paterson College's Midway Performance concert at the school's Shea Center for Performing Arts at 12:30 p.m. For more info, call 201-595-2371.

MONTCLAIR—Ins. Levin's "Deathtrap" will be performed at Montclair State University in the Memorial Auditorium as part of their 1994-95 theatre series. For more info, call 201-655-4333.

FRIDAY, OCTOBER 14

NEW YORK—The First New York Singer-Songwriter Festival presented by Pat Martino will be at Citi Field at 8 p.m. For more info, call 212-247-7800.

NEWARK—The First New York Singer-Songwriter Festival, at Carnegie Hall at 8 p.m. presented by Puyumayo. For more info, call 212-247-7800.

OCT. 14 THRU DEC. 7

MAHWAH—There will be a Hellian Art Exhibit at Ramapo College Art Gallery, 2nd fl. of the George Foster Library Monday thru Friday from 11 a.m. to 2 p.m. and Wednesdays 5 p.m. to 7 p.m. For more info, call 201-529-7602.

SATURDAY, OCTOBER 15

EDISON—The Crossroads Theatre Guild will hold its annual fall fashion show/entertainment and luncheon at The Pines Manor on Rt. 21 at 11 a.m. to 3:30 p.m. For more info, call 908-545-9268 or 755-7762.

MADISON—There will be "Three Masters of the String Quartet: Beethoven, Bartok and Brahms" concert series at Fairleigh Dickinson University's Lantieri Hall. The Matinee at 8 p.m. For more info, call 201-593-8861.

SUNDAY, OCTOBER 16

EDISON—There will be a Tri-State Female Model Competition "1994" at the Holiday Inn, 125 Madison Rd. Doors open at 3 p.m., the one-hour buffet starts at 3:30 p.m. and showtime is 5 p.m. For more info, call 908-412-5425.

WAYNE—Temp's "saxophoneist" Sonny Rollins will perform at the 1994 Jazz Room Series at the Shea Center at William Paterson College at 4 p.m. For more info, call 201-595-2371.

WESTBURY—Grover Washington, Jr. and Bobby Caldwell will appear at Westbury Music Fair at 7 p.m. as part of the continuing Cool Jazz Concert Series. For more info, call 516-333-7228.

OCTOBER 17 - 22

NEW YORK—Pianist Joanne Brackeen and Bass player Calvin Hill will appear at Zino Bar and Restaurant. For more information call 212-624-5182.

OCT. 20 THRU FEB. 26

NEW YORK—"Revival Diverse Traditions 1920-1945," an exhibition in a decade long series of exhibitions, publications, research conferences, and public education programs at the American Craft Museum, 40 W. 53rd St. For more info, call 212-658-3535.

OCTOBER 20 - 21

BROOKLYN—The Majestic Theater presents "Double Take," a festival of film shorts by African-American, Latin American & Native American filmmakers from 7:30 p.m. to 9:30 p.m. For more information call 718-361-3216.

FRIDAY, OCTOBER 21

NEWARK—Enter Lawry's foods "Celebrity Recipe Contest" and win a fantasy trip to Hollywood and win a fantasy trip to Hollywood. Unlimited literary magazine will hold "A Celebration of the Arts" fund-raiser/dinner featuring artist from the NJ and NY area at the Paul Robeson Campus Center at Rutgers University. Rt. 268 from 6 p.m. to 10 p.m. For more info, contact Yohan Mas at 908-362-7725.

SEPT. 17 THRU OCT. 26

PATERSON—"Heroes, Myth and Icons" an exhibit featuring over 80 19th century military prints at the Passaic County Historical Society's Lambert Castle Museum from 1 p.m. to 4 p.m. For more info, call 201-861-2761.

FRIDAY, OCTOBER 28

WESTBURY—The Newport Jazz Festival is coming to Westbury Music Fair at 8 p.m. For more info, call 516-334-0800.

NOW THRU NOV. 21

HAMPTON—Norman Barash & Carroll Moore's comedy "Send Me No Flowers" will open at the Hutton Hill Playhouse. Dinner Theatre. For more info, call 1-800-HIP-7131.

Send Billboard events to
City News
144 North Ave.
Plainfield, NJ 07060

ARTZ WEDNESDAY

The Ebony Brass Quintet performs at E.O. Library



EAST ORANGE—The Ebony Brass Quintet will appear at the East Orange public Library, Sunday afternoon, October 16, 1994. The group, which consists of two trumpets doubling on flugel horns, french horns, trombone and tuba performs a diverse assortment of original compositions and arrangements penned by the members of the quintet. Members are: Eddie Allen, trumpet; Frank Gordon, trumpeter; Mark Taylor, french horn; Alfred Patterson; trombonist and Joseph Daley; tuba. This event will take place at the Library 21 South Arlington Avenue, East Orange Room.

Newark Golden Agers seek senior models for fashion extravaganza

NEWARK—The sixth annual senior citizen "Living Legacy Fashion Extravaganza" will be held on Thursday, October 20 from 11:00 a.m. to 3:00 p.m. in the Robert Treat Hotel (50 park Place) Newark. The program's theme "The Age of Elegance" highlights the anticipated fashion Savvy Newark seniors will display, as they model a variation of outfits and hats. This year's program, which is dedicated to the memory of the late "Mother" Wilsons Holman, will also honor senior citizens who are ninety (90) years of age or older, and salute New Jersey Governor, Christine Todd Whitman. The planning committee is presently seeking senior citizen models, who are residents of the city of Newark. Those who are interested should contact Ms. Sadie Veney at (201) 733-6047 to register. The number of models is limited, so this should be done immediately.

Actors wanted by African Globe Studio

NEWARK—African Globe Film/Theatre Works, a Newark-based independent Arts and Entertainment enterprise is currently auditing professional and aspiring actors for a series of upcoming independent film and theatre productions.

Actors of all ages, ethnic, social backgrounds and professional experience who are of African, African-American, Asian, Caribbean, Caucasian, Hispanic and of multi-racial heritage and descent are invited to submit their picture and resume if they are interested in auditioning for our upcoming productions.

African Globe Film/Theatre Works is presently in development, in association with Afterwards Productions to produce a 16mm short. An independently funded student film; casting Caucasian actors and actresses for *Afterwards*, a Victorian Ghost story loosely based on an original short story by Edith Wharton.

Tempo, a video feature length contemporary drama about the lives of women who work as temporary agents in urban America. To be produced next spring, by African Globe Film Works.

Africans The King, a full length play to be staged during African-American history Month. A poetic drama set in Africa, about the tragic consequences of tyrannical rule and forced love. An African Globe Theatre Works production.

In Another Man's Name, a screen adaptation of an original produced play, to be produced by African Globe Film Works in the summer of 1995 as an independently financed and distributed feature-length film, for theatrical release in 1996.

Please send picture and resume as soon as possible to: African Globe Studio, 611 McCarter Highway, 1st Floor, Newark, New Jersey 07102. If you are not a resident of New Jersey, please send your picture and resume to: African Globe Studio, 611 McCarter Highway, 1st Floor, Newark, New Jersey 07102.

WBGO-FM hosts annual swing dance party

NEWARK—WBGO-FM/JAZZ 88 and The George Gee Orchestra featuring vocalist Kim Lawrence will perform Friday, October 14, from 8:00 p.m. - midnight at The Peppermint Ballroom and Complex in Orange, NJ. If you're not light on your feet, employees from Dance Manhattan Studio will be on hand to give free lessons.

Hosted by JAZZ 88's Gary Walker, the Swing Party is back by popular demand.

Tickets are available at the door. The Peppermint Ballroom and Complex is located at 175 Central Avenue in Orange. For additional information, call WBGO at (201) 624-8880.

WBGO
SWING DANCE PARTY
JAZZ 88
WBGO/88.3FM

FRIDAY, OCTOBER 14th, 1994
8:00 P.M. TO 12:00 MIDNIGHT

WITH THE
George Gee
BIG BAND ORCHESTRA
FEATURING VOCALIST
KYM LAWRENCE

HOT, SWEET MUSIC! FREE DANCE LESSONS! SPACIOUS DANCE FLOOR!

COME SWING TO THE MARVELOUS SOUND OF THIS RETRO HOT BAND!
SPONSORED BY WBGO-FM 88.3

AT THE
PEPPERMINT LOUNGE
175 CENTRAL AVENUE
ORANGE, NEW JERSEY

Information: (201) 624-8880 \$12 Door - \$10 WBGO Members
The Peppermint Lounge is a 501(c)(3) non-profit organization. All proceeds from the sale of the tickets will be donated to the Peppermint Lounge.

Club Bene Rt. 35, So. Amboy, N.J. 08879 Res. 908-727-3000		
October-13th Glenn Jones Melissa Morgan Kim Waters	October-18th Bobby Caldwell	October-21th DEF Comedy Jama's Chris Tucker
October-28th DEF Comedy Jama's D.L. Hughley	November-1st Alex Bugnon Lalah Hathaway Art Porter	November-4th Bela Fleck and the Fleektones
November-19th Richard Elliot	December-10th WAR	December-17th Marlon Meadows

WE DELIVER

CAPTAIN C's
PIZZA-SEAFOOD
SOULFOOD

609 Park Ave. Plainfield N.J.
(908) 754-0376 (908) 754-0394

CAPTAIN C's
CAPTAIN C's
CAPTAIN C's

OCTOBER SPECIAL

The Finest Home Made Pizza

The Finest In Southern Cuisine

- Buy one large pizza pie, get 2nd for **HALF PRICE**
- Meatball Parmesan Dinner **\$4.99**
- Whiting Fillet Dinner **\$5.99**

WE DELIVER

Award-winning... Provocative... And on target.

Tune-in every Friday evening at 8:30 p.m. and Saturdays at 3 p.m.

Host/Producer
Jerry Henry

Another View
The Public Affairs Program for the African American Community

NJN
THE NEW JERSEY CHANNEL

Channels 23/50/52/58 • All New Jersey cable systems • 609-777-5000
Tune-in SATURDAYS at 11:30 a.m. to NJN RADIO 88.1 FM serving central and southern New Jersey.

Business Calendar

OCTOBER 10-13

WASHINGTON DC—NATIONAL MED Week (Minority Enterprises Development) Conference. Come share information, develop resources, and network with corporate and government officials. For more information call 202-205-9421. 688-0707

THURSDAY OCTOBER 13

GARWOOD—NAJWO. New Jersey Association of Women Business Owners will host their fourth annual **Business-to-Business Open House & Expo** at The Westwood from 9 a.m. to 8:30 p.m. For more info call 908-688-0707

OCTOBER 13-16

HUNTER, NY—Mountain Valley Resort in association with Women on Fast Track, a networking organization for women in business, will host a **retreat for business and professional women**. For more info call 1-800-232-2772.

MONDAY OCTOBER 17

CRANFORD—NAJWO. New Jersey Association of Women Business Owners are sponsoring a "Are You An Entrepreneur?" seminar, a reality check for women who ask "Is business ownership for me?" will be at Keen College SBCD from 9 a.m. to 9 p.m. For more info or to register call 908-707-1773.

TUESDAY OCTOBER 18

WESTFIELD—Thrivent will be **"Retirement Planning for Business Owners"** class at the Rutgers Cooperative Extension of Union County, from 9 a.m. to 9 p.m. For more info call 908-654-9854.

WESTFIELD—Merrill Lynch will hold a free seminar on "Estate Planning & Taxes" at 155 Elm St. from 7:30 p.m. For more info call 908-789-4333.

OCTOBER 18-19

NEWARK—There will be an Export Matchmaker 4th conference at the Radisson Hotel. For more info contact Eric Viciuso at 201-242-6237 ext. 223.

OCTOBER 19-20

NEWARK—The RBP, Regional Business Partnership, is sponsoring a **Export Matchmaker 4th annual international trade fair and conference** at the Radisson Hotel. For more info, call 201-242-6237.

THURSDAY OCTOBER 20

NORTH BRIDGEWATER—The Small Business Council presents "Breakfast with Galtish-Small Business Meet Big Business Buyers" at the Bridgewater Manor on Rts. 202-206 from 7:45 a.m. to 9:30 a.m. For more info call 908-725-1552.

SATURDAY OCTOBER 22

NEWARK—There will be a "Mid-Career Job Hunting" non-credit course at Hudson County Community College from 9 a.m. to noon. For more info call 201-714-2194.

OCTOBER 23-26

NEW YORK—The 1994 NASDC, National Minority Supplier Development Council, Inc., Conference will be held at 15W, 39th St., 9th Floor. For more info call 212-944-2430.

Send Business Calendar events to
P.O. Box 1774
Plainfield, NJ 07061

Past experience with present resource can promote economic development

MIAMI—The president of the US African-American Chamber of Commerce (USAACC) recently urged delegates to the chamber's 57th Annual Convention to combine the black business successes of generations past with resources developed during the civil rights movement to help spur African American economic development.

"We have within ourselves important seeds of our own economic development," said Oscar J. Coffey, president of the national chamber.

Coffey stressed that the skills and know-how with which blacks created successful businesses in a racially segregated America should now be combined with resources that did not exist years ago.

These resources, he said, included a much higher African-American gross national income of \$360-billion a year, a far larger pool of educated and skilled blacks as well as a far larger pool of blacks with corporate and "Wall Street" experience.

Black churches, trades and fra-

termal organizations are also stronger than ever before, Coffey explained, and they offer an important current and potential resource for organized business development.

Coffey noted that despite the damages done to blacks by racial segregation and discrimination, African-American entrepreneurs had created business and shopping districts that competed effectively with white-owned "downtown" districts.

He listed several areas in American cities where African-American businesses thrived serving mostly black customers, including: the Fillmore District in San Francisco; Seventh Street in Oakland; Claiborne Street in New Orleans; Lyons Avenue in Houston and Hunter Street in Atlanta.

"The irony, is that with the end of strict racial segregation, we allowed some black jobs and income-producing business institutions to be lost," said Coffey. Coffey also suggested that the

Black Church is yet another resource for economic development.

He noted that African-American churches in many cities have taken important steps—using funds gathered from blacks—to buy inner city properties and recreate model housing facilities for their constituents.

"Many have done very well but many can do even more," Coffey said. Black churches take millions of dollars to white-owned banks every Monday morning. They need to study the uses of the money, the leveraging of money. We can be far, far more effective in dealing with city hall, with business interests and certainly with lending institutions if we organize our banking and purchasing efforts wherever we live so that we can have an impact and influence on the people we do business with.

Still another under-utilized resource in the black community, Coffey said, was a failure to organize skilled workers.

"I frequently talk to carpenters, plumbers, electricians and painters in

construction projects. Many complain that jobs are hard to get and that major contractors are not hiring them. I told them that they have very little power as single applicants."

But collectively, as an organization of skilled individuals, they could bid on contracts and make certain that members of the collective can

get work, and it would have the leverage to bargain for higher wages and better working conditions," explained Coffey.

"Certainly we must do more joint venturing with other groups," Coffey said. "At the same time we must seek out the possibilities of joint venturing among ourselves."

Beware of your teen and credit cards

by Charles Givens

Credit card companies are now targeting a new group of consumers—teenagers.

Credit represents peace of mind and financial security in emergencies. It also offers spending power in impulsive situations.

Many teens use credit cards for spending sprees with "other people's money." Remind your child that "other people's money" must be paid back with interest. Payment is simply delayed, not deleted.

Objectively discuss past financial performance with your child. Does or has your teen:

- Held a steady part-time job?
- Borrowed advances on allowances or future paychecks?
- Responsibly managed a checking account for a year or more?
- Successfully repaid credit in the past (i.e., store credit, car loans)?
- Easily avoid "instant gratification"?

If you can answer yes to all five questions, your teen is probably ready for a credit card, if not, wait for a year or two.

Help your teen choose the best card. Low interest cards are best for those who may carry a balance.

If bills will be regularly paid in full, seek a no annual-fee card.

Secured cards are ideal for teenagers who have had little experience with finances. The line of credit is set by a deposit made by the card issuer.

Warn your teen about extra costs like cash advance, returned checks, over-the-limit and late fees. Avoiding these fees (an average of \$15 each per month) significantly cuts the bill.

If your teen uses credit to excess, don't come to the rescue, but don't ignore the situation. Help your child come up with ways to pay the debt—working extra hours, or cutting back on expenses.

Small debts managed now prevent large unmanageable debts in the future.

Baptist conflict

(Continued from page 3)

meetings in three of the state convention headquarters, with Alabama emerging as leader in the process to plan a strategy of legal action, and the form it would take, to assure that the NBSCUSA Inc. would remain in the hands of the person that Jenison, who could not seek reelection, had designated as his chosen successor.

Finally on September 29, in papers filed in the Superior Court of the District of Columbia, R. Kenneth Mundy, the attorney noted for his defense of Mayor Martin Barry, requested that the court set aside the election of Rev. Lyons and return the leadership of the NBSCUSA Inc. to Rev. Jenison. Mundy was assisted in this action by Baton Rouge attorney Jo A. Fleming. The lawsuit was filed by Mundy and Fleming on behalf of the Alabama State Baptist Convention under the leadership of Dr. Felix N. Nixon. It bars Lyons from assuming office.

A "Status" hearing was sched-

uled in D.C. Superior Court to insure that the new president and the new board had not assumed office and that the NBSCUSA Inc. can function as an organization until the lawsuit is heard on January 6, 1995.

The Court recently granted a temporary restraining order to freeze the election. The restraint was granted on allegations of fraud. It is reported that of the 1,200 Alabama delegates present at the election, at least 600 of them were prevented from voting in the four-hour, hotly contested race.

It was pointed out in court papers that there were "flagrant" mis-handling of the voting process. Only 10,355 votes were counted out of a possible 13,000 eligible voters and no state-by-state count

was registered.

The delegates from Alabama have asked that Judge Mitchell-Rankin conduct a thorough investigation and declare the election invalid. *Louisiana Weekly* reports being told by reliable sources within the NBSCUSA Inc. that the intent of the Jenison-Nixon faction is to deny Lyons and anyone "outside" access to the books and records because there have been many unauthorized and questionable transactions regarding NBSCUSA's finances.

Therefore, if they are successful with the injunction, Jenison would be returned to office for an interim period and a new election would be held at the Annual Convention in 1995. In the meantime, Jenison would resign and appoint Rev. Richardson, his hand-picked successor, to head the new election.

LEGALS

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed Bids on Monday, October 17, 1994 at 11:30 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications:

HOUSEHOLD APPLIANCES

Gas/Electrical Ranges & Electrical Refrigerators

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and on an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security. Bidders must also comply with NJ Statutes 40A:11-16 with regard to letting subcontractors.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all Bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A Bid must be accompanied by a Bid Guaranty which shall not be less than ten percent (10%) of the amount of the bid. At the option of the bidder, the guaranty may be certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or Assurely Company. Performance and Completion bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of award.

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND, EXECUTIVE DIRECTOR
10/12/94

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed Bids on Tuesday, November 1, 1994 at 11:30 A.M., 160 Ward Street, Paterson New Jersey for the following items as outlined in the Technical Specifications:

PLUMBING SUPPLIES FOR ALL PHA DEVELOPMENTS

AT

Nathan Barnett Homes, NJ21-6.1, 64-68 Ken Street
Dr. Andrew McBride Homes, NJ21-2.2, 22-26 Ellison Street
Dr. Norman Cotton Homes, NJ21-7, 163 Ross Parks Blvd.
Rev. William Griffin Homes, NJ21-8, 199 Carroll Street
Joseph Masello Homes, NJ21-9, 255-271 Atlantic Street
Gordon Canfield Plaza, NJ21-10, 160 Ward Street
Riverdale Terrace, NJ21-1, 29 Harris Place
Alexander Hamilton Drive, NJ21-3 Bldg. #2 Alabama Ave.
Dean McChubbey Drive, NJ21-4, 186-218 Grand Street
Christopher Columbus Drive, NJ21-5, 60 Temple Street

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and on an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security. Bidders must also comply with NJ Statutes 40A:11-16 with regard to letting subcontractors.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all Bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A Bid must be accompanied by a Bid Guaranty which shall not be less than ten percent (10%) of the amount of the bid. At the option of the bidder, the guaranty may be certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or Assurely Company. Performance and Completion Bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of award.

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND, EXECUTIVE DIRECTOR
10/12/94

Professional Directory

Notary Public 908-756-4429
Fax 908-756-3095

JUDKINS COLONIAL HOME, INC.
428 West Fourth Street
Plainfield, N.J. 07061

K. Reva Judkins, Pres H. Leslie Judkins, Sec
Harvey L. Judkins, V. Pres Fred L. Hunt, Funeral Dir.

Bookkeeping

For small businesses and sole practitioners.

+ word processing and office support

KMT OFFICE SUPPORT SERVICE
(201) 279-0587

GADEBEKU CONSULTANTS
STRUCTURAL & CIVIL ENGINEERS

CHRISTOPHER GADEBEKU, PH.D., PE

900 WOODLAND AVE. (201) 757-3489
PLAINFIELD, NJ 07060 FAX (201) 757-0103

Century 21
John C. Campbell
967 Park Avenue
Plainfield, New Jersey 07060
Fax (908) 753-7280
Business (908) 753-2212
John C. Campbell
Broker / Owner
Each Office is Independently Owned and Operated

The Perfect Loan for the "Not So Perfect" Borrower

- Refinance your 1st or 2nd mortgage.
- Free pre-qualification.
- Low Bank rates.
- With over 100 flexible programs, we'll get you the money when others have said NO!

"Home Loans are our Specialty"
CALL TOLL-FREE:
1-800-223-1700

GIBRALTAR

Savings Bank, S.A.

East Orange • Merchant

Newark • Whippoorwill

Equal Opportunity Lender
Equal Housing Lender



HIGH PERFORMANCE ALTERNATIVES, INC.

320 PARK AVENUE • SUITE 1000 • PLAINFIELD, NEW JERSEY 07060

(908) 757-4721

FAX (908) 757-1992

Telephone: (908) 888-4842

Ellen Radin

Attorney at Law

Divorce • Juvenile • Real Estate • Name Changes
2358 Carol Place
Scotch Plains, N.J. 07076

SPEAK SPANISH FLUENTLY
IN 1-3 WEEKS
MONEY - BACK GUARANTEE

Educational Research Center - Language School
(201) 672 1215 (201) 677-9504

Tutoring in: French, English, Italian, Etc.

DANIEL A. WILLIAMSON
Attorney at Law

900 MADISON AVENUE

PLAINFIELD, NEW JERSEY 07060

(908) 754-6666

GENERAL PRACTICE

CRIMINAL LAW, REAL ESTATE, LANDLORD/TENANT
DIVORCE/CUSTODY/ADOPTION
WILLS, ESTATES & TRUSTS, PERSONAL INJURY CORPORATIONS

Call:
908-754-3400
9:00 AM - 5:00 PM

Fax Your Classified & Legal
908-753-1036
24 Hours

CLASSIFIED

LEGAL NOTICE

INVITATION TO BID (REBID)

The Housing Authority of the City of Paterson will receive sealed Bids on Monday, October 31, 1994 at 10:00 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications:

FIRE STANDBY REPLACEMENT AT

NJ21-C, Christopher Columbus Development

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and an outer envelope.

A deposit of \$500.00 (Check or Money Order Only), is required and is refundable on return of specifications and documents within ten (10) days from Bid Date in unopened condition.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security. Bidders must also comply with NJ Statutes 40A:11-16 with regard to listing subcontractors. Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A Bid must be accompanied by a Bid Guaranty which shall not be less than five percent (5%) of the amount of the total bid. At the option of the bidder, the guaranty may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or Surety Company. Performance and Completion Bonds will be required of the successful bidder.

This project is 100% financed with Federal Money, under 1990 CIAP which provided funding for various activities at NJ21-C, Christopher Columbus Development.

Equal Opportunity for Businesses and Lower Income Persons (HUD Act of 1968, Section 3)(A) Applicable to Contracts in Excess of \$500,000.

(a) The work to be performed under this contract is on a project assisted under a program providing direct Federal financial assistance from the Department of Housing and Urban Development and is subject to the provisions of Section 3 of the Housing and Urban Development Act of 1968, as amended, 12U.S.C. 1701j. Section 3 requires that the greatest extent feasible opportunities for training and employment be given to lower income residents of the project area and contracts for work in connection with the project awarded to business concerns which are located in, or owned in substantial part by persons residing in the area of the project.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND,
EXECUTIVE DIRECTOR

NEW JERSEY HIGHWAY AUTHORITY GARDEN STATE PARKWAY WOODBRIIDGE, NEW JERSEY 07095

NOTICE IS HEREBY GIVEN THAT Sealed Bids will be received by the New Jersey Highway Authority for the GARDEN STATE PARKWAY PURCHASE OF:

1. **LEFT TRUCK** - heavy duty, parallel beam type, 50,000 lb rated capacity, Carrier Model Vega 200 (or an approved equivalent)

1500 ea. (More/Less)
PALLETS - 36" x 48" (22" inside dimension)
3 runners 2" x 4" x 3/4"

Bids for the above will be received in the Division of Central Purchasing, Garden State Parkway, Woodbridge, New Jersey, on October 31, 1994 at Three o'clock (3:00 p.m.)

Prevaling Local Time and will be opened immediately thereafter. Bidders are required to comply with requirements.

ANGEL CORIO
DIRECTOR OF CENTRAL PURCHASING
NEW JERSEY HIGHWAY AUTHORITY

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed Bids on Monday, October 31, 1994 at 10:00 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications:

FURNISHING & DELIVERY OF OFFICE SUPPLIES

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security. Bidders must also comply with NJ Statutes 40A:11-16 with regard to listing subcontractors.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A Bid must be accompanied by a Bid Guaranty which shall not be less than ten percent (10%) of the amount of the total bid. At the option of the bidder, the guaranty may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or Surety Company. Performance and Completion Bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND,
EXECUTIVE DIRECTOR

SIMENS

Maintenance Person

Siemens Medical Systems, Inc. is a leading manufacturer of high-tech medical equipment and systems. We have an immediate opportunity available for a detail-oriented individual at our **Iselin (Metro Park)** location.

Responsible for full maintenance throughout the Iselin facilities including working with electricity, plumbing, carpentry, computer cables, HVAC & low pressure boilers.

The qualified candidate must possess a high school diploma with some experience in electrical work in the craft areas. Must be completely experienced with HVAC, electricity, plumbing, carpentry and low pressure boilers.

Additionally, three or four years in general facilities maintenance and repair is required.

A valid NJ Driver's License (with a good driving record) as essential, as well as availability for overtime and Saturday and Sunday work, including snow removal.

For consideration, send resume including salary history to: Employment Dept G, No. Phone Calls Please.

Siemens Medical Systems, Inc.

166 Wood Avenue South • Iselin, NJ 08830
an equal opportunity employer M/F/V

LEGAL NOTICE

Separate sealed proposals will be received by the Morris County Housing Authority

December 2, 1994 at 11:00 a.m. prevailing time at the Morris County Housing Authority at Morris Mews, Ketch Road W. of Hanover Avenue, Morris Township, New Jersey.

ELEVATOR MAINTENANCE - JANUARY 1, 1995 TO DECEMBER 31, 1995

The specifications may be obtained at the Morris County Housing Authority, Morris Mews, Ketch Road W. of Hanover Avenue, Morris Township, New Jersey.

Bids must be enclosed in a sealed envelope bearing the name and address of the bidder and the words "Elevator Maintenance", addressed to the Morris County Housing Authority and presented in person.

The proposal when submitted shall be accompanied by a Proposal Guaranty in the form of a certified check, bid bond, or cashiers check at the option of the bidder, payable to the Morris County Housing Authority in the sum of not less than ten percent (10%) of the amount of the proposal, except that the amount need not exceed \$20,000.00.

The bid also must be accompanied by a Non-Collusion Affidavit and a Certificate from a Surety Company, fully authorized to do business in the State of New Jersey agreeing to furnish a Performance Bond. If the bidder is successful.

BIDS WILL BE RECEIVED AT THE HOUR NAMED, NOT BEFORE AND NOT AFTER, AND NO BID WILL BE RECEIVED BY MAIL.

The right to reject any or all bids and to waive immaterial formalities is reserved. Bidders are required to comply with the requirements of P.L. 1975, C. 127 and P.L. 1977, C. 33.

ROBERTA STRATER
EXECUTIVE DIRECTOR
MORRIS COUNTY HOUSING AUTHORITY

PROFESSIONAL SERVICES REQUEST FOR PROPOSALS HOUSING AUTHORITY OF THE COUNTY OF MORRIS (HACM)

The HACM is soliciting proposals for professional services in the following areas:

1. Fee Development
2. Legal Counsel
3. Audit Services for fiscal year ending 12/31/94

Public Housing Management - 247
Public Housing Development - 115
Section 8 Certificates & Vouchers - 626
FmHA 515/Section 8 - 101
FmHA Development - 19

All proposals must be received by 5:00 p.m. on December 2, 1994 to the Housing Authority of the County of Morris, 99 Ketch Road, Morristown, NJ 07960.

PROPOSALS WILL NOT BE ACCEPTED AFTER THE ABOVE STATED DATE AND TIME.

All interested firms should contact the Authority at the above address or call (201) 540-0089.

ROBERTA L. STRATER,
EXECUTIVE DIRECTOR

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed Bids on Tuesday, November 1, 1994 at 10:00 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications:

FURNISHING & DELIVERY OF JANITORIAL SUPPLIES

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security. Bidders must also comply with NJ Statutes 40A:11-16 with regard to listing subcontractors.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A Bid must be accompanied by a Bid Guaranty which shall not be less than ten percent (10%) of the amount of the total bid. At the option of the bidder, the guaranty may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or Surety Company. Performance and Completion Bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND,
EXECUTIVE DIRECTOR

HELP WANTED

SCHOOL NURSE

Hillside Public Schools, 10 months, Candidates must hold RN license, BA Degree and School Nurse Certification.

Send Resume to: Director of Instruction, Hillside Board of Education, 195 Virginia Street, Hillside, NJ 07005

HELP WANTED

Help Wanted: Earn up to \$500 per week assembling products at home. No experience. Inf. 1-504-646-1700 DEPT. NJ-6155

HELP WANTED

Plainfield Area YMCA needs call person for M/F front desk/security weekends & holidays. Please call 908-756-6060.

HELP WANTED

DIRECTOR OF LANGUAGE ARTS for Lakewood Public School District, Ocean County, NJ.

NJ Certification as Principal and in-job related subject area(s) required, as well as extensive teaching/related experience; previous supervisory experience preferred.

Culturally diverse student body of 5000+. Salary starting from \$58,071, based on qualifications. Immediate opening.

Letter of application and resume to: Edward W. Luick, Assistant Superintendent, Lakewood Public Schools, Dept. 415, 655 Princeton Avenue, Lakewood, NJ 08701-2995, or fax to (908) 384-1657 EOE.

EXECUTIVE DIRECTOR

For public housing coalition in Newark, N.J. Duties include: monitor enforcement of court orders; coordinate new housing and rent vacancies; supervise staff; write grant proposals; make policy recommendations to board; & manage fiscal/general affairs. QUAL: BA & 3 yrs. Management expl. w/ community orgs; ability to write proposals; excellent numerical reporting data. Tasks: Women, minority candidates encouraged to apply. Send resume and salary requirements to: Personnel Committee, NCLH, 449 Broad St., Newark,

NJ TRANSIT PUBLIC NOTICE

NJ TRANSIT PUBLIC NOTICE NEW JERSEY TRANSIT CORPORATION REQUEST FOR FEDERAL FINANCIAL ASSISTANCE UNDER THE INTERMODAL SURFACE TRANSPORTATION EFFICIENCY ACT OF 1991

The New Jersey Transit Corporation (NJ TRANSIT), under provisions of the Intermodal Surface Transportation Efficiency Act of 1991 (ISTEA), gives notice of its intent to apply for \$226.2 million in Section 9 formula funds, which are estimated to be available for the purpose of providing operating and capital assistance, as well as \$98.4 million in Section 3 Fixed Guideway Modernization formula funds, \$201.7 million in Section 3 Discretionary funds, and \$38.8 million in Surface Transportation Program and Congestion Mitigation and Air Quality Improvement Program funds during Fiscal Year 1995. NJ TRANSIT also gives notice of its intent to apply for \$1.7 million in FY 1995 Federal assistance estimated to be available under Section 16(b)(2) and an estimated \$3.2 million under Section 18 for transportation services for senior citizens and persons with disabilities and for transportation in rural areas.

Federal operating funds and Section 16(b)(2) and Section 18 funds will be matched as required with funds provided by the State of New Jersey and counties participating in the Section 18 Program and in conformance with Federal and State guidelines. NJ TRANSIT also gives notice of its intent to apply for \$1.7 million in FY 1995 Federal credit for revenues, petroleum volatility escrow account funds, and State funds committed to Urban Core projects as allowed by Sections 1044, 3039, and 3031 of the ISTEA. The program is described below.

Section 9 Formula Operating and Capital Program
(In Millions of Dollars)

Project	Federal
Operating Assistance	38.0
Rail Station Rehabilitation/ADA Improvements	20.0
Morrisville Yard Improvements	17.3
Purchase of Locomotives	21.2
Purchase of Rail Cars	11.8
Harrison Transit Complex Land Acquisition	5.1
Rail Associated Capital Maintenance (Spare Parts)	2.7
North Jersey Traction System	7.0
Newark Penn Station Rehabilitation	15.6
Penn Station New York Improvements	25.1
Stabilization of Greenville Bus Maintenance Facility	17.6
Newark City Subway Maintenance Facility Land	18.0
Acquisition and Design	8.2
Purchase of Buses	2.7
Property Casualty Leases	8.2
Environmental Compliance Program	1.5
Positive Carrier Capital Improvement Program	2.4
Management Information System Upgrade	2.4
Total	226.2

Proposed Section 3 Fixed Guideway Formula Program
(In Millions of Dollars)

Project	Federal
Rehabilitation of Rail Infrastructure	37.9
Sunnyvale Yard Improvements	3.1
Morrisville Yard Improvements	23.7
Purchase of Locomotives	25.2
Purchase of Rail Cars	2.0
Purchase Maintenance-of-Way Equipment	3.0
Man/Bergen/Pascack Valley Rail Line Upgrade Design	9.4
Total	98.4

Proposed Section 3 Discretionary Program
(In Millions of Dollars)

Project	Federal
Waterfront Corridor Transit System Design	77.1
Atlantic Branch Corridor	191.0
Monmouth Ocean/Corridor	3.0
Draft Environmental Impact Statement	6.7
NY&NJ Rail Line/Paterson Station Rehabilitation Design	13.0
Purchase of Buses	0.5
South Amboy Transportation Study	201.7
Total	201.7

Proposed Section 1007 Surface Transportation Program
(In Millions of Dollars)

Project	Federal
Hoboken Terminal Rehabilitation	5.0
Total	5.0

Proposed Section 1008 Congestion Mitigation and Air Quality Improvement Program
(In Millions of Dollars)

Project	Federal
Bus and Rail Park and Ride Improvements	2.0
Non-Traditional Services Support	10.0
Porter Connection Construction	11.0
Burlington/Gloucester Corridor Draft Environmental Impact Statement	3.2
Porter Connection Control Program	2.6
Purchase Rail Cars	5.0
Total	33.8

A. Property Acquisition/Environmental, Economic and Social Aspects.

Any property acquisition or relocation that may be required will be conducted in accordance with the appropriate provisions of the law and regulatory requirements.

As appropriate, the social, economic, environmental, and relocation aspects of the projects will be investigated. If required under applicable laws and regulations, interim findings may be presented at a future public hearing and further public comment will be solicited. Prior to the implementation of any of the projects and to the extent required, NJ TRANSIT will prepare an Environmental Assessment or Environmental Impact Statement pursuant to Federal regulations. The availability of this document shall be made known by publication in the same manner as this notice. NJ TRANSIT will adhere to all Federal statutes and regulations affecting transportation on the National Register of Historic Places.

B. Comprehensive Planning

NJ TRANSIT projects are developed in coordination with the following planning organizations: The North Jersey Transportation Planning Authority (NJTPA), which is the designated Metropolitan Planning Organization (MPO) for the Northeast New Jersey urbanized area, the Delaware Valley Regional Planning Commission (DVRPC), which is the designated MPO for the Camden, Mercer, Burlington, and Gloucester counties in the South Jersey Transportation Planning Organization (STPO) which is the designated MPO for Cumberland, Salem, Atlantic, and Cape May counties. The MPO's are the forums for local decision-making concerning the proposed projects. The projects are developed in coordination with local elected officials, transit elements citizens, and providers of private bus services.

C. Private Enterprise Participation

Through the comprehensive planning process administered by the MPO's and ongoing communication with NJ TRANSIT's Office of Carrier Administration, NJ TRANSIT continues to discuss with private carriers their participation in the capital program. In addition, NJ TRANSIT encourages to the maximum extent possible, the participation of the private sector in the development and implementation of public transportation in the State of New Jersey.

D. Senior Citizens and Persons with Disabilities

Services to be provided will be consistent with NJ TRANSIT's program of reduced interstate and intrastate rail and bus fares for senior citizens and persons with disabilities. Every reasonable effort will be made to make the program accessible to all persons. Facilities generally available to the public with careful consideration of the special needs of senior citizens and persons with disabilities.

E. Public Input

NJ TRANSIT invites public comments on the above projects and its performance. Written comments and requests for a public hearing may be sent to Albert R. Hasbrouck, Senior Director of Corporate Affairs, NJ TRANSIT, One Penn Plaza East, Newark, New Jersey 07105-2246 by November 11, 1994. Based on comments received in response to this notice and information available, NJ TRANSIT may modify the above programs before final submission to the Federal Transit Administration (FTA) and will make a determination, pursuant to FTA regulations, as to whether a public hearing is warranted. List of proposed projects will become the final list of projects unless otherwise communicated in the same manner as this public notice.

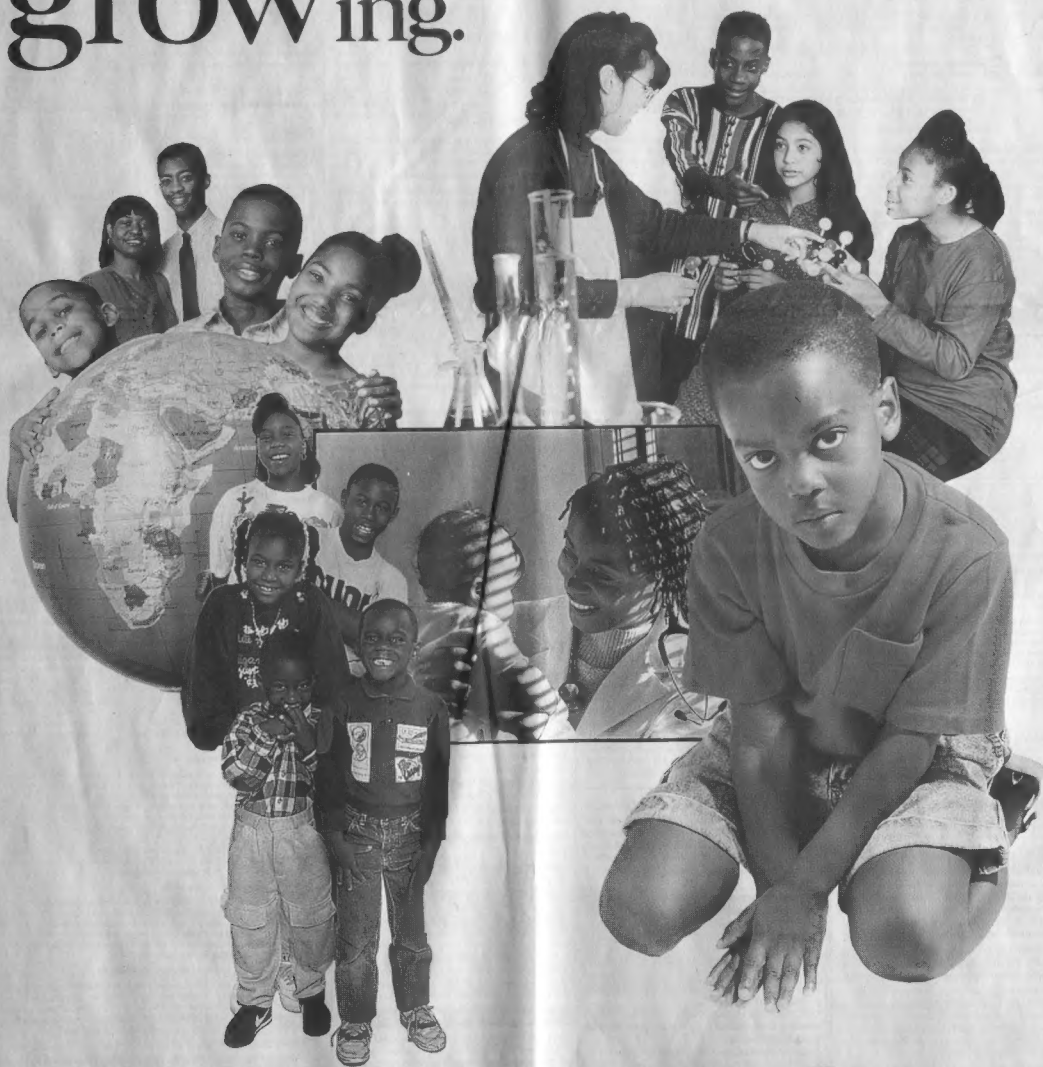
SHIRLEY A. DELIBERO EXECUTIVE DIRECTOR
NEW JERSEY TRANSIT CORPORATION

10/12/94

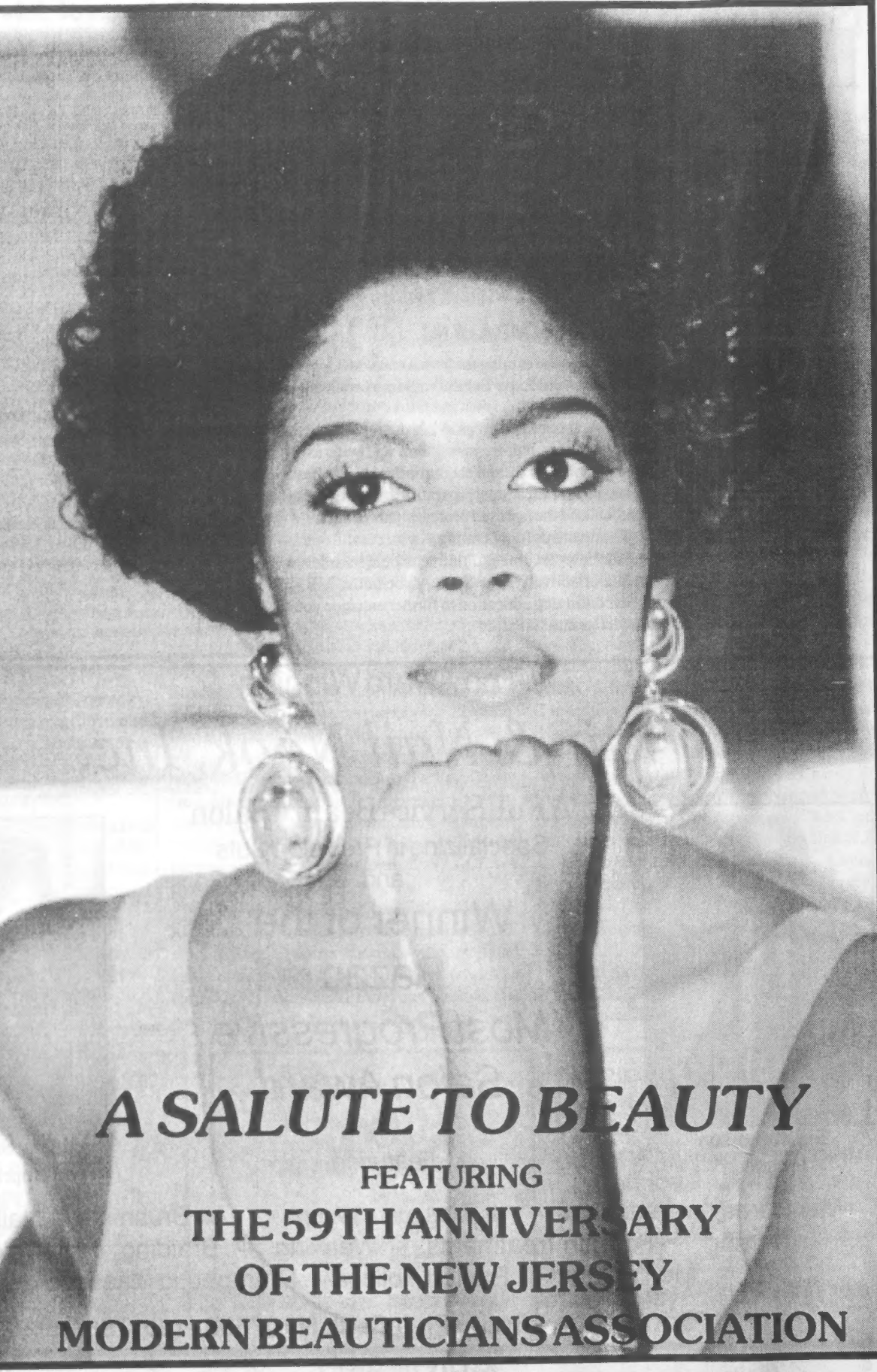
Our most *precious* resources just keep gROWing.

Our children will one day provide the answers to many of today's challenges. That's why AT&T supports a broad network of education, health and human services programs for children and their families now. From our support of the **Children's Defense Fund** and initiatives like **AT&T Teachers for Tomorrow** to helping fund the education of minority doctors through the **National Medical Fellowships**, we're dedicated to giving children every opportunity to thrive and contribute.

And during the next few weeks, as part of our continuing commitment, a nationally televised special will air: **"AT&T PRESENTS: IMAGES AND REALITIES -- AFRICAN AMERICAN CHILDREN."** (Check your local listings.) Don't miss this chance to hear the dreams and concerns of our young people. At AT&T, we believe that with careful nurturing today, our children and our communities will flourish tomorrow.



CITY TRENDS



A SALUTE TO BEAUTY

FEATURING
THE 59TH ANNIVERSARY
OF THE NEW JERSEY
MODERN BEAUTICIANS ASSOCIATION



Dr. Mary Shiver, President of MBA of NJ

The City News Publishing Company is proud to join with the Modern Beauticians' Association in its 59th Anniversary celebration. We applaud your efforts in helping to bring out the best in men and women of color through your high professional standards.

We urge our communities of color to support your efforts to keep our beauty industry strong creating businesses and jobs for people of color.

Now, more than ever, it is important for all of us to recognize our potential economic and political strength if we organize for growth and prosperity.



We are proud to bring the 59th Annual MBA State Convention and Expo Exhibit to Somerset County, New Jersey.

MBA is continually growing as more barbers, beauticians and hairdressers "link up" with us in addressing issues that affect our industry. We have expanded our educational program to better serve our members and the licensed professionals in our field.

The demands for operating as a successful entrepreneur have become multidimensional in order to operate effectively. Our State Association, MBA, offers continuing education to further enhance your knowledge and skills.

Contents of Advertisers

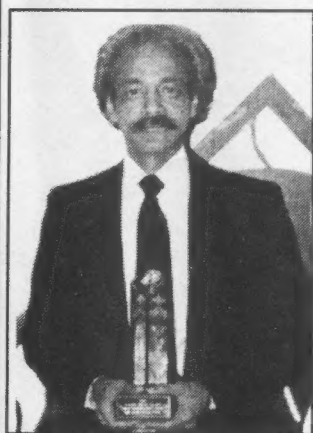
THE HAIR & NAIL NOOK	2
A CUT ABOVE THE REST	3
THE PROFESSIONALS	3
AFRICAN HAIR BRAIDING	3
A&B DISCOUNT TRAVEL	4
BETTY'S HOUSE OF BEAUTY	4
BEVERLY'S BEAUTY SALON & CHILDREN'S BOUTIQUE	4
CARL FORD'S BEAUTY SALON	4
CHA CHA'S BEAUTY SALON	4
CHICO'S HOLE IN THE WALL	5
DESIGNER'S BEAUTY SALON	5
DOIGTS DE FEE HAIR DESIGN	5
EDDIE'S BARBER & HAIR SALON	6
EE'S BEAUTY WORLD	6
FACES HAIR DESIGN	6
ELSIE'S BEAUTY SHOPPE	7
GLAM-O-NETTE BEAUTY SALON	7
LENDRA'S PERSONAL TOUCH HAIR DEN	7
LEONY'S BEAUTY SALON	10
LOU'S BEAUTY SALON	10
MAJOR HAIR DESIGNS	10
MAGIC COMB BEAUTY SALON	12
ONE STEP ABOVE	12
ROSE'S HAIR FASHION	12
MJ&J WHITE, WATKINS	13
GENEVAS' BEAUTY WORLD	13
ROSLYN'S HAIR FASHIONS	13
BECKWORTH & BECKWORTH	13
RAZAC PRODUCTS COMPANY INC.	14
BREATH CENTER, DR. JAMES CLARK	14
R&M BEAUTY CENTER INC.	15
JOY JOYCE HAIR STUDIO	15
CITY NEWS PUBLISHING COMPANY	16

The Award Winning *Hair & Nail Nook, Inc.*

"A Full Service Beauty Salon"

Specializing in Precision Cuts
and

**Winner of the
Razac
Most Progressive
Salon Award**



Bill Stevenson
Proprietor



Audrey Saunders
Proprietor

Featuring

~Manicures ~ Pedicures ~ Tips ~ Wraps ~ Air Brushing ~ Nail Art
~ Waxing ~ Paraffin Treatments ~ Weaving ~ Braiding ~ Hair Coloring
~ Men's Cuts ~ French Rolls ~ Therapeutic Massage

1910 Park Avenue ~ South Plainfield, NJ 07080 ~ (908) 561-9692



Rev. Gerald Howard

*Guest Speaker at MBA 94
Homecoming & Beauty Expo*

Rev. William Gerald Howard minister of Calvary Baptist Church, Plainfield, for the past fifteen years, addressed The Modern Beauticians' Association 94 Homecoming Convention and Expo October 8-10 at the Holiday Inn Somerset in Somerset.

The Boston, Massachusetts native has conducted Christian Education workshops in the State of New Jersey and is a member of the faculty of the Congress of Christian Education, National Baptist Convention, USA.

Special Recognition for work in community has been presented by Plainfield Public Schools, Concerned Urban Clergy, National Council of Negro Women, and Calvary Baptist Church to Rev. Howard.

Photography

All photos for this publication were supplied by Artie Sears of the Hair & Nail Nook with the exception of the Razac Awards photos.

City Trends is a publication of
City News Publishing Company
For information and advertising call
(908) 754-3400
All Rights Reserved

WE'VE COME A LONG WAY BABY!

History of the Modern Beauticians Association

On January 4, 1935, a call was made to all Negro beauticians by Attorney J. Mercer Burrell and Mr. E.L. Redmond to attend the Grand Hotel in Newark. Assemblyman, Attorney Burrell was concerned about a bill about to be passed in the State House to govern Beauty Culture in New Jersey and felt the need of a Negro beauticians organization. A series of meetings held at the Urban League building urged the beauticians to organize as only an active organization would be recognized. These meetings resulted in the forming of the Beauticians' Legislative Committee.

In March of that same year, a large delegation with special setting arranged by Attorney Burrell attended a Monday Assembly session in Trenton to express the need for a Negro beautician organization. The next month, corporation papers were drawn up and signed forming The Modern Beauticians' Association (MBA). The bill passed and Governor Harold G. Hoffman promised recognition of the Negro beauticians. When the commission appointments were made this promise became a reality.

Since its birth several women have held positions on the Beauty Board including Mrs. Christine Moore Howell of Mercer County, Miss Jeanette Brown of Hudson County, and Mrs. Cordelia Green Johnson, who held the presidency for 22 years. Under the presidency of Mrs. Johnson, the MBA scholarship was given and community volunteer work was done by beauticians, the Legislative Committee was organized, the Beauticians Volunteer Corps began operation and the annual polio breakfast was instituted. In 1956 an iron lung was purchased and life membership in the NAACP was started.

MBA has a long line of presidents who have made great contributions to the Organization including Mrs. Cordelia Jennings who instituted benevolent funds, educational clinics, advanced methods in beauty culture and conventions and trade shows. Then there was Mrs. Pauline Berry

who completed NAACP life membership, aided polio, cancer funds, boys clubs, contributed over \$4,000 to the Research Center, donated to drug abuse agency, and numerous other charities.

In January of 1970, the torch was passed to Mrs. Cora Ballard whose mission was to maintain the standard of Beauty Culture through style, creation and education. Information and material of value are distributed to members at Quarterly Meetings or the Executive Board Meetings. Members are urged to continue their education by taking Professional Improvement Courses at their State Colleges and Vocational Schools to learn to work on all races. An Educational Department was started at our State Convention.

Demonstrations are now held weekly at Beauty Supply houses, hosted by a different Unit each week, to familiarize beauticians with the products used in their shops. Members must attend the National Board Meetings and Convention. The younger beauty students are especially encouraged to attend our convention and to participate. A number of beauticians are now serving on State Boards of Beauty Culture, Demonstrators, Inspectors, Teachers in Vocational Schools, etc.

Each year, two scholarships are given to beauticians to further their studies at the National Convention. Many beauticians now have their degrees from National Convention.

Over the years, MBA has made donations to several organizations including the Charity of Council Society, the NAACP, the National Negro College Fund, Council on Aging, Boys Club, Cancer Society, Research Center, Hudson Unit N.J. Association for Retarded Citizens, Lupus Erythematosus Foundation of New Jersey, Sarcoidosis Family Aid and Research Foundation Inc. and their own Cambridge House.

Today the MBA of New Jersey has been led by Dr. Mary L. Shiver since January 13, 1991. The national president is Mrs. Cleolis Richardson.

"A CUT ABOVE THE REST"

11 Hill Street
Newark, N.J. 07102
(201) 643-2133

"THE SHARPEST THING YOU
WEAR IS YOUR HAIR"

Looking for Highly Motivated
Experienced Professional Stylists

Mary Swann & Janice Williams, Proprietors

Hours Tues. - Sat 9-6 pm ~ Sun 11-4 pm



THE PROFESSIONALS

by

HOWARD BANKS, Manager

333 Park Avenue
Plainfield, N.J.

(908) 757-0525 (908) 668-9449

Tuesday - to - Saturday

AFRICAN HAIR BRAIDING GNA GNA (YNA YNA)

HAIR WEAVING & BRAIDING
OPEN 9 AM - 9 PM

SUNDAYS BY APPOINTMENT
870 SOUTH ORANGE AVE.

201-371-9017

MRS. KAMARA, PROPRIETOR

GET WITH THE PROGRAM

JOIN THE MODERN BEAUTICIANS ASSOCIATION
THERE'S POWER IN NUMBERS

Be a part of one of the nation's oldest and most prestigious cosmetologist and hair-dressers organizations The Modern Beauticians Association state chapter of The National Beauty Culturists' League, Inc.

Here are 10 reasons to join MBA

1. To *promote high standards* of conduct and operation
2. To *encourage scientific methods* of hair, scalp, and skin treatment
3. To *gather prepare, and disseminate educational information*
4. To *seek legislation* beneficial to the beauty profession
5. To *promote goodwill* and cooperative effort among all beauticians, manufacturers, and persons engaged in related fields
6. To promote the general welfare and *raise the public image* of those engaged in the beauty culture field
7. To afford *protection to our business and professional interests* in education and research throughout the United States and foreign countries
8. It's a chance for others associated with the profession to *promote an interest* on the part of all for the common good
9. To *establish local chapters* and state associations
10. *Because you'll miss out if you don't!*



A&B

DISCOUNT TRAVEL, INC.



ANN BECKWORTH
Travel Agent
1419 Roselle Street
Linden, NJ 07036

(908) 486-5676 (908) 486-5624
(908) 486-5617 Fax (908) 486-8618

BEVERLY'S BEAUTY SALON & CHILDREN'S BOUTIQUE

485 Springfield Avenue
Newark, N.J. 07103
(201) 596-9783

Vera Williams, Proprietor

CHA CHA'S BEAUTY SALON

398 Lyons Avenue
Newark, N.J. 07112
(201) 923-3030

Specializing in: Perms, Cuts,
Wraps, Press & Curls, Scrunches,
Waves, Blow Styles, & Curls

CARL FORD'S BEAUTY SALON

559 Grove Street
Irvington, N.J. 07111

(201) 372-4902

"A TOTAL HAIR CARE SALON"

Congratulations from BETTY'S HOUSE OF BEAUTY



Specializing in
all phases of
beauty
BETTY HARRIS
Owner
19 3rd Ave.
Toms River, NJ 08757
908-244-9719

THE NEW GENERATION OF BEAUTICIANS

by Sherry Burrus

For most women, it started at an early age. As a child you were bombarded with dolls, big dolls, little dolls and eventually head dolls (similar to those used in beauty schools). But that wasn't good enough. You want the real thing. So, what did you do? You would persuade your sister, cousin, neighbor or mother, to let you do her hair, but she usually wasn't having it.

After much persuasion someone gives in. You comb, brush and style her hair and still that wasn't enough, you've proved you can master the basics and it's time to move on to the bigger and better things. So you decide she needs a trim. A snip here, a snip there, but now one side's longer than the other. "Just even it out" you think, so you cut some more off and "Uh Oh." Your very first client looks in the mirror and screams, "Ahhhhhh, What have you done, I'm never gonna let you touch my head again!"

In the glamorous world of hair styling, it doesn't work that way, or at least it shouldn't work that way. Janine Hughes, and Trish Bradley, two young beauticians at the Hair and Nail Nook in South Plainfield, explain the importance of creating and maintaining a relationship with their clients and how to achieve and preserve healthy hair.

The Relationship

Janine: It's important to know how to talk to people, make them feel good and build trust in you. It's important to be real (to the customer). I think if they like your work they'll be back no matter what.

Trisha: You develop a good relationship by talking with your client about hair care. I'll explain what I think is best for them most of the time, because most of the time they don't know (what's the best way to care for their hair). I like making people's hair look nice, it makes me feel good inside when they walk out of here with

a smile on their face.

Attitude

Janine: If we as beauticians have a problem at home we can't bring it to the shop. We have



(Standing l-r) Beauticians Trish Bradley and Janine Hughes with another satisfied client.

to be positive, because people may not come back. They make us, so we have to be serious.

Trisha: People often say 'my hair is doing this and my hair is doing that.' But what are they doing to their hair? You have to think of treating your hair like you do your car. You take your car to get an oil change or whatever it needs for its' maintenance. If you don't get those things done on a regular basis it's going to fall apart just like your hair. Our hair is very fragile. It's important

to teach people about hair care.

Janine: You have to want to do this. The hours are long and it takes a lot out of your social life. You can't say, 'I'm leaving (at a specific time) tonight,' because someone may call needing to get in (for an appointment). So you put yourself out for the customer because you know how it is. You (the customer) wants to go out and need to get your hair done, so we stay to accommodate you. But sometimes people try to take advantage of us.

Janine and Trisha's tips for achieving and preserving healthy hair:

Grooming is always an essential part of our lives. Hair should be washed regularly to remove hair sprays, dirt build up and blockage of hair spores.

A good conditioning never hurt anybody, conditioning the hair frequently helps restore moisture

Lightly oil your hair and scalp after washing to prevent the hair from drying out.

Steer away from excessive use of curling irons and blow dryers (Wraps, and roller sets are recommended.)

Perms and touch-ups... If you are not sure, do not try this at home. Touch-ups should be applied 6-8 weeks apart

There is nothing more frustrating than having frizzy hair. Keeping hair trimmed on a regular basis helps prevent breakage and split ends.

Everything must change. If you're ready to change your hair coloring consider rinses or frosting

But, what about weaves? Can weaves be worn to hide damaged hair?

Janine: Weaves are fine, but they don't solve the problem they cover it up. You still need to have your hair treated (conditioned, trimmed, oiled etc.) when you wear a weave.

Designer's Beauty Salon

(201) 372-5228 - (201) 372-9344

Specializing in:

HAIR WEAVING, COLOR PERMS,
PRESS & CURL CURLS, WAVES,
HAIR CUTTING

Operators: Shirley ~ Yvonne ~
~ Gwen ~ Shirley Marshall

789 South Orange Avenue
Newark, N.J. 07106

CHICO'S HOLE IN THE WALL



Chico Brown, Proprietor

104 North
Avenue
Plainfield,
N.J. 07060

(908)
668-8833

DOIGTS DE FEE HAIR DESIGN

1057 Magnolia Avenue
Elizabeth, N.J. 07207

(908) 353-8912

Specializing in
Braids and Weaves

Therese Zamor, proprietor

Becoming a Radiant

Embrace, enhance and enjoy

I am an innocent victim of an overdose of melanin or has the sun lovingly kissed my face and blessed me as part of this Negroid race?

why do I experience such perplexity as I observe the reflection of my skin complexion, the texture of my hair, the curve of my behind, the shape of my nose, Or the state of my mind?

have I been flawed by nature as my European siblings would have me believe or am I the state of grace our body temples are placed on Earth to achieve?

what true wisdom can enlighten my soul? are the answers hidden in the tombs of my mothers of time past, Isis, Makeda, Nefertiti, Cleopatra can your daughter's thirst for understanding be quenched at last?

-Gracie Cornish

"Am I an innocent victim of an overdose of melanin, or has the sun lovingly kissed my face, and blessed me as part of this Negroid race?" Many women of color are plagued daily with this prevalent thought. In our desire to become part of the trend, we are driven

Hair by A Cut Above the Rest



by compulsion, complexities, and fear. We fail to unmask the insecurities inside us, so we are sensitive, defensive, and easily angered... and, why is this?

In the process of growing up, we never stopped to align our true selves with our behavior; we were never taught to use our own gifts to reach a higher state of fulfillment. This alignment would make us self-assured, embrace-able, and desirable.

The book *Radiant Women of Color: Embrace, enhance and enjoy the beauty of your total being*, by Gracie Cornish,

international image consultant, takes readers on a fascinating trip to self-discovery, self-enhancement and self-fulfillment.

Wishing to erase the old physical and psychological stigmas against black women, and replace them with positive virtues, Ms. Cornish has conceived, authored, and produced this well-written and illustrated guide. It confronts and dispels the myths that have been long accepted as the so-called beauty standard. It explains a new approach to beauty by guiding women of color to understand and appreciate the magnificence of their beautiful melanic skin.

It shows us how to nurture our inner



EDDIE'S BARBER & HAIR SALON

534 HAMILTON STREET
SOMERSET, NJ 08873

908-545-2699



FACES
Hair Design

334 East Front Street
Plainfield, NJ 07060
908-757-2121

Designs and Cutting
By Lady Di



*"Beautiful Hair Begins at
EE's Beauty World"*

Come in and Discover the Secret
(201)797-6905

(relocating 11/94 call for info
Help Wanted)

111 Broadway
Elmwood Park, NJ 07017

Eddiemae
Proprietor

Woman of Color

the beauty of your total being

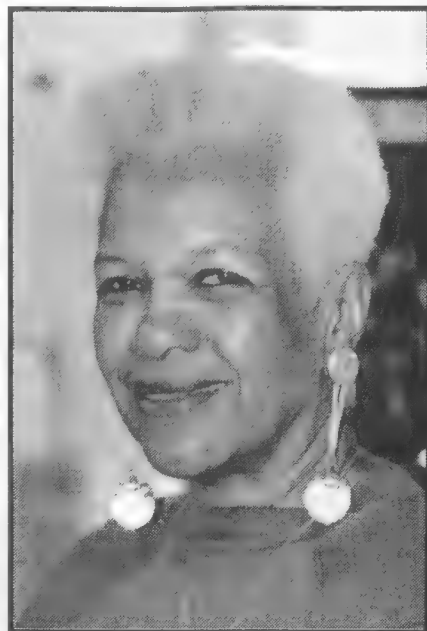
Hair by A Cut Above the Rest



of the draw. By working to be the best you can be and loving who you are, you can't lose. In *Radiant Women of Color*, Ms. Cornish facilitates the job of bringing out the winner in you. She has successfully translated the talking points of her New York- and London-based seminars into a cross-generational, holistic guide-book for today's women of color.

Radiant Women of Color gives us the key to physical, psychological and spiritual well-being... and that's beautiful, isn't it?

Radiant Women of Color is published by Kola Publishing, NY, NY and distributed by D&J Book Distributors, Laurelton, NY. For information, call (212) 576-8811.



Hair by Mr Don

selves, so we can plan our lives exactly as we choose to live. Not only does Ms. Cornish present to her readers a clear vision of misconceptions and insecurities, that cause disharmony between the mind, body and spirit, but the author has carefully provided prescriptions for positive change—change that builds a solid foundation for achievements of self-worth, timeless beauty, and compatible love relationships. Her shared interactions compel the reader to get in touch with and define her wants and needs in life and to GO FOR IT!

In many ways life is like a lottery, you've got to play to win. But, unlike the game of chance, Ms. Cornish shows women of color how to control the luck



Hair by Bronner Brothers




ELSIE'S BEAUTY SHOPPE

Specializing in Hair Care,
Hair Cuts, Perms & Weaving

188 Amherst Street
East Orange, NJ 07019

(201) 399-3422 • (201) 672-9734

 \$5 off Tuesday

Glam-O-Nette Beauty Salon
Specializing in:
**TREATMENTS, PERMANENTS
& FROSTING**

Betty J. Jeffries, 274 Central Avenue
Proprietor Orange, NJ 07050
(201) 673-0214

LENORA'S PERSONAL TOUCH HAIR DEN

14 North 8th Street, Paterson, NJ
(201) 790-5028

Lenora Manderville, Proprietor
Appointments Only Notary Public

Our Salute to '9

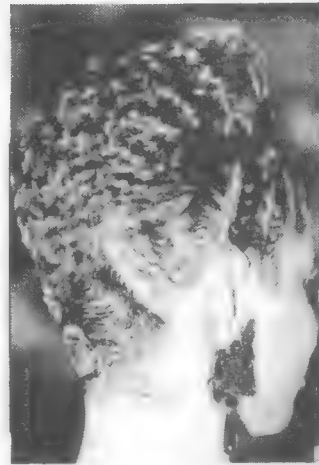
Hair by A Cut Above The Rest



Hair by Bronner Brothers



Hair by A Cut Above The Rest



Hair by Mr. Don



Hair by A Cut Above The Rest



Hear' Perfection

Hair by A Cut Above



Hair by Bronner Brothers



Hair by Bronner Brothers



Hair by A Cut Above The Rest



by A Cut Above The Rest

Hair by Bronner Brothers



Presenting 1994 Golden



Cheryl Finley-Womn of the Year
Shampoo Ltd-Irvington



John Holiday-Outstanding Service Award



Man of the Year-Kelly Murphy, North East Beauty Show & Tamika Peters-(Legacy Awards)



Doug & Shirelle from Visions-Hillside Winners
New Salon of the Year 1st Golden Shear Awards



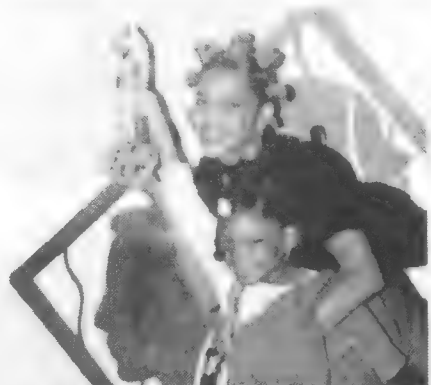
Hassan Hameed-Barber Stylist of the Year



Bill Stevenson-Hair and Nail Nook.Most Progressive Salon



Keith Jones-Stylist of the Year-Male Member of Barry Fletcher's Hair Gangsters



Nika Robertson & Daughter Winner Hair Cutting Award



Deborah Pollard-Stylist of the Year-Female

Lou's Beauty Salon

Formerly Oriental House

Complete Line of:

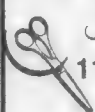
Beauty Services, Press & Curl,
Perms & Coloring

Blow Drying & Curley Curl, Hair Weaving
374 Union Avenue, Irvington, N.J. 07111

MARY

Bus: (201)372-9870 Res. (201)926-2370
Call for an Appointment

Congratulations Honorees



Major Hair Designs

**1108 Greenwood Avenue
Trenton, NJ 08609**

Specializing In: **Hair Reconstruction**
Relaxers, Weaves, Curls,
Braids & Nails

Operators: Mary, Nita, Donna & Betty

La Verne, Proprietor
(609) 393-0583

LEONY'S BEAUTY SALON

Hairstyling ~ Perms ~ Tinting ~
Dyeing ~ Facials ~ Manicuring

4 Lyons Avenue, Newark, NJ 07102

Operators: Olivian Hubbard • Monica
Robinson • Gertrude Oliver

LEONYS OWENS, Prop

Shear Award Winners

Razac Products Company hosted an evening of shear elegance and entertainment as they kicked off their "1st Annual Golden Shear Awards" ceremony September 18 at the Robert Treat Hotel, Newark, to honor those who have excelled in the beauty industry. Recognition was given to those men and women who have dedicated their careers to honing and perfecting their craft.

Invitations were extended to Newark Mayor Sharpe James, the Newark City Council, representatives from Diva Magazine, Hype Hair Magazine and Black Hair Digest

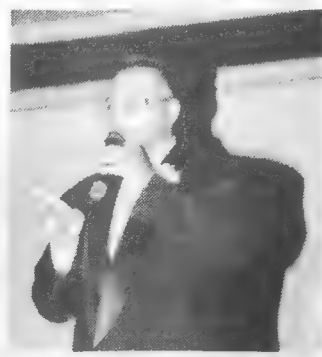
More than 500 hair stylists, salon owners and beauty professionals who attended the gala were mesmerized by the fabulous Holiday fashion preview, which followed the buffet style dinner, given by husband and wife team of Kilgour & Sweet. Interceding the presentation of awards to various beauticians and hair salons was two musical selections and a dramatic piece by Mr. Raandu Avion.

Razac Products Company, which has been based in Newark for over ten years, is an African-American family owned hair and skin care products manufacturing company. They participate in a number of beauty trade shows to demonstrate and promote their product, as well as, introduce new techniques and products.

Their products are distributed internationally as they can be found in Barber and Beauty Supply stores and in beauty salons throughout the United States, the Caribbean, London, France, Haiti, Canada and various countries in Africa.



Darren S. Dowdy
Razac
President



Host - Raandu Avion

The following were award recipients at the Golden Shear Awards:

Cutting Award
Nuka Robertson
Reflections By Nuka -
South Orange

Ronald Brown
Ronald Brown's Salon -
Newark

Salon of the Year
Shampoo Ltd. - Irvington

Lifetime Achievement
Harold Sessoms - East Orange

Ethel Cohen
Jersey City

Rogers Simon
International

Outstanding Achievements
June Mitchell
Tradewinds - Newark

John Holiday
Holiday Supply - Moorestown

Arthur Fladger
Supreme's - Newark

Carlos Alvarez
Irvington Beauty Supply -
Irvington

Mary Beth Smith

New Concepts - Newark
Barber Stylist of the Year
(Tie)
Ali Shabazz
James Taylor's Salon -
Hackensack

Hassan Hameed
Hassan's Hair Hut - Vineland

The Legacy Award
Tyrone Rose
Independent Beauty Supply -
Jersey City

Iris and Kevin Knight
Knight's Beauty Supply -
Burlington

Man of the Year
Kelly Murphy
North East Beauty Show

Woman of the Year
Cheryl Finley
Shampoo Ltd. - Irvington
New Salon of the Year
Visions - Hillside

Most Progressive Salon
The Hair & Nail Nook - South
Plainfield

Barber Shop of the Year
Stamper's - Hillside

Most Beautiful/Unique Salon
U2 Beauty Studio - Newark

Braiding Salon of the Year
Tina's - East Orange

Kenneth F. Clarke Award
(Beauty & Barber Supply
of the Year)
Independent Beauty Supply -
Jersey City

Stylist of the Year (Male)
Keith Jones
Avante Garde - Orange

Stylist of the Year (Female)
Deborah Pollard
Extravaganza - Irvington Salon

Owners of the Year
Janice Williams & Mary Swann
A Cut Above the Rest - Newark



Owner of U2 Beauty Studio (left)
Accepting the award for Most
Beautiful Salon Awards Attendee -
Camille Cox (right)



**Ronald Brown - Hair Cutting
Award - Male**



**Tyrone Rose - Independent
Beauty Supply**



**Ray Middleton for Polo Ground
Entertainment and Devvan Dowdy -
Program Coordinator & Director of
Public Relations RAZAC Products**

Skin

Saving your skin

It is important to keep your skin moisturized at all times, especially during winter months. With the cold harsh weather skin tends to develop dull flakes and assigns—both common problems for people of color

Before you reach for the nearest bottle of emollient, stop and consider your skin type. What you smooth on your face and body (each has its own moisturizing needs) can mean the difference between silky smoothness and suppleness and a breakout, irritation or worse, infection.

While many Dermatologists and cosmetic-industry executives vary in their opinions as to what today's technology advanced lubricants can really do, don't overlook your own basic beauty instincts: If the moisturizer feels good and you see some visible improvement in the condition of your skin, it's worth making it a part of your daily skin-care regimen.

Skin typing

Skin typing—a phrase coined by the cosmetics industry to categorize the skin's oil and moisture balances and help you find the best moisturizer—differs from one makeup counter to the next. Generally, there are three basic skin types: dry, oily and combination. Sensitive skin may fit into one of them and benefits most moisturizers that are labeled noncomedogenic, or non-pore-clogging, and hypoallergenic.

The following will help you know your skin type.

Dry skin: On the face, dry skin may appear ashy or flaky (usually on the cheeks). The condition can look more severe on darker skin

than it is, as dead skin cells are accentuated against dark pigmentation. Dryness is due to a lack of moisture, not oil. The cure: Gently exfoliate skin with a damp wash cloth to reveal the fresh layer of cells beneath (your emollient will bond better to the smooth surface).

To lock in moisture, use a thick cream-based formula or body oil in bath water or immediately after a shower on wet skin. Allow skin to dry with time. If you don't have time, pat not rub skin to dry. This allows skin to absorb trap moisture.

Ingredients to look for on the label when buying a moisturizer are: acid, sodium (NA) hyaluronic acid, lipid malvacae and sanwet polymer.



Dry skin tends to wrinkle faster than oily complexions, so consider a facial moisturizer that contains line-smoothing alpha-hydroxy acid or glycolic acid.

For noticeably softer skin, soak in a tub filled with cool or tepid water (hot is too drying) and a capful of non foaming bath oil.

Oily skin: Overactive glands produce an abundance of sebum(oil), so the skin looks slick. On the face, excess shine appears along the hairline and on the nose, cheeks and chin,

even just after cleansing. The skin tends to break out with whiteheads, blackheads, and blemishes; adult acne can be a problem. The condition can look acute on black women, as any oiliness is magnified against dark skin.

Oily complexions can be controlled with products specially formulated for them, or for sensitive skins. Terms to look for on the label are noncomedogenic, nonacnegenic, oil-free, and lanolin-free.

On the upper body, the upper chest, back and arms are areas that are prone to acne flare-ups, due to the number of oil glands located there. (Clogged hair follicles and perspiration can also contribute to breakouts) Avoid emollients that list coca butter, sesame, vitamin E and oleic acid—all of which can contribute to breakouts.

Combination skin: On the face, dry, flaky patches appear on cheeks, while the T-zone (forehead, nose and chin) looks oily. A lack of moisture on the cheeks makes them dry, while an overproduction of oil in the T-zone (where most of the facial oil glands are concentrated) emphasizes surrounding dryness. To control this problem use a light, noncomedogenic moisturizer. Terms and ingredients to look for on the label are: acids such as lactic, salicylic and glycolic, which will help get rid of ashiness. The beauty of the new acid-based moisturizers is that they are light in formula, they attract water and they won't clog pores.

On the body, oily areas are common on the upper chest, back and arms, while hands, lower arms and legs may be persistently dry. If you like your moisturizer and don't want to switch, but it's too thick for those acne-prone areas, just add a little water to make it a lighter lotion.

MAGIC COMB BEAUTY SALON

*Specializing in Press & Curl,
Chemical Relaxer and
Wash & Wear Curls*

210 Springdale Ave., East Orange, NJ
(201)673-9537
ELIZABETH ROBERTS, Operator
OPHELIA SIRMANS, Proprietor

908-753-4048

ONE STEP ABOVE Hair Salon

KATHY PHILLIPS
Manager-Stylist

148 E. Front St.
Plainfield, N.J. 07060
2nd Floor



ROSE'S HAIR FASHION

"We Care About Your Hair"
Rose Wilkins Welcomes You
(201) 267-0057

141 Speedwell Ave. Certified Massage
Morristown, N.J. 07960 Therapist

Nails

Did you know good old baking soda can be used to clean and brighten up your fingernails. All you need is baking soda, water and a nail brush. Mix the baking soda and water until a paste is formed. Next, use the nail brush to scrub your nails with baking soda. Then, Massage the excess baking soda paste into the hands, rinse and dry.



- Protect your nails from water which tends to soften your nails by wearing rubber gloves when you are washing your hair and the dishes.

- Use a base coat to prevent dryness.

- If nails are un-polished always use a clear nail polish as a base which helps prevent damage which is often caused by heat, water and extremely cold weather.

- Keep your cuticles pushed back to avoid hangnails and splitting nails.

- If hands are exposed to water used a lotion or cream to prevent dryness.

- For brittle nails your dermatologist may recommend biotin which is a B-complex vitamin which helps nail growth and keeps moisture locked in.

Get a professional manicure on a regular basis to maintain strong healthy nails. If you wear tips get them serviced every two weeks

Braids

Maintaining your beautiful braids

African-American Women, of all ages, are making bold statements with the ever-so popular braids. But when it comes to the maintenance of this cultural hair style, many are left high and dry wondering what to do. Here are a few tips that will help you keep the do done.

Keep braids clean and free of fuzz, it is very unattractive to see a sister in braids with little white fuzz balls hanging on. Treat your braids like you would treat your own hair. shampoo braids once every two weeks with a build-up-remover shampoo to remove excess dust that may be locked in the roots.

Follow up with a deep conditioner to lock in moisture, this helps to keep your hair moist, healthy and breakage-free.

For day-to-day maintenance to keep braids soft and shiny apply a braid moisturizer, or braid oil with vitamin E. Each night wrap braids in a satin scarf, to reduce fuzz and keep hair neat and from becoming frizzy.

Braid maintenance products are available at all beauty supply stores or your beauty salon. They help to strengthen, soften and condition



braids, dreads and textured hair. .

Do not try to remove braids by yourself. Get someone to assist in the process to eliminate breakage of hair. Braid removal products are also available for the task.

Braids should not be worn for more than three months at a time. After braids are removed, give hair some time to breath, about a week, get a mild relaxer, clip ends and deep condition hair before re-doing braids. If you choose not to relax your hair before re-doing your braids, you should get a deep conditioning, clip your ends, and then re-do braids.

**REAL ESTATE
MANAGEMENT**



- Sales
- Listing
- Rentals

INSURANCE SERVICES

**BECKWORTH &
BECKWORTH INC.**

(908) 486-4844
FAX (908) 486-8618

ANN BECKWORTH

Real Estate Broker
1419 Roselle Street, Front Suite
Linden, New Jersey 07036

Watkins

Quality Since 1868
Spices & Extracts
Gourmet Ingredients

Plus products for your:
Health & Nutrition
Skin & Hair Care
Laundry & Bath

**Dealerships and Fund Raising
Available**

M.J. & J. White
Independent Marketing
Representatives #98539

Call for a Catalog:
1-800-MJJ-WHITE

GENEVA'S BEAUTYWORLD

is now located at

ROSLYN'S HAIR FASHIONS

207 South Central Ave.,
East Orange, NJ 07018

(201) 676-7900 Ask for Geneva
(201) 672-9819 Ask for Evelyn

*Elegant
styles
for a
great*



Hair by Bronner Brothers



Hair by Hair and Nail Nook

*Congratulations
Modern Beauticians
from*

**PERFECT
FOR PERMS**

*So Many
Waves™*

**RAZAC PRODUCTS
COMPANY, INC.**

Hair and Skin Care Products
Manufacturers
PO Box 8318
Newark, NJ 07108

CONGRATULATIONS MBA, INC.
from the
BREATH CENTER
for a
FRESH – KISSABLE



MOUTH

contact

Dr. James Clark, DDS
185 Central Avenue
East Orange, N.J. 07018
(201) 672-1717

A Foot Note!

Keeping your feet in good condition

It's a good thing our feet can't talk or they would threaten to take legal action against us. They will take action on the grounds of physical abuse for wearing shoes that fit improperly. They also may complain that we didn't keep them clean, or allow toenails to grow too long.

Important as they are in our daily lives, our feet often are abused more than any other part of the body. A foot consists of 28 bones, that, surprisingly, are not fragile.

For example, the feet of a man who weighs 150 pounds can endure about 2,000 square pounds of pressure, they are very strong and resilient.

Our feet can't talk, but it seems they have a mind of their own because they get our attention when necessary. Besides obvious pain, they give warning signs such as

swelling, discoloration or breaks in the skin.

Causes for swelling include hypertension, heart and vascular problems. Causes for discoloration include trauma, such as dropping something on the foot that causes injury. Discoloration can also be blamed on wearing shoes that fit improperly. The number one culprit however, is fungal infection. Breaks in the skin are often caused by lack of moisture.

Too often because of economics, people let health-related concerns linger too long before consulting a doctor. For example, a man will suffer an ingrown toenail until he can no longer walk without pain. Men tend to not seek care for their feet because it's a man thing." However, men tend not to have as many foot problems as women because they do not wear high

heeled shoes.

Due to fashion trends, women are more susceptible to foot problems because they wear high-heeled shoe. It results in corns, calluses, and bunions mainly because of abnormal pressures placed on the foot. One can get rid of obvious signs of corn and calluses by wearing shoes that do not rub the toes. Wearing a pointed-toe shoe that squeezes toes together, or a shoe that is too tight overall, may cause hammer toe (Curvature of joints). That's where the toe is cocked or the end that extends beyond the joint is curved downward.

Avoid being too hard on your feet, wear the proper size and cut shoe to avoid causing damage to your feet. Listen when your feet "talk" if they are swollen or tired it is time to get off them and give

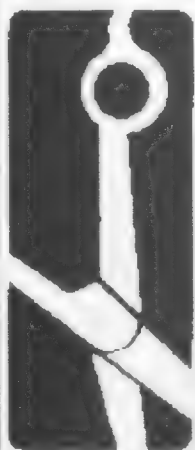
them a little pampering.

Try to get a professional pedicure once every two weeks. This will keep your feet in good condition and allows for good circulation.

In between pedicures keep your feet well moisturized, remove dead skin by using a sloughing lotion as often as needed. When tired soak your feet in a Epsom salt warm water solution and then elevate them for about an hour. This eliminates swelling and numbness.

Try not to cut your toenails yourself, however, if you must do so, look at the contour of the toes and clip accordingly. Toenails should not be cut deep into the skin.

Overall, we can take care of our feet with simple maintenance. Remember to keep them clean and moisturized, and dry them properly after bathing.



R & M BEAUTY CENTER INC.

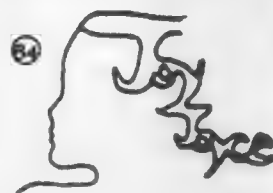
**PRECISION HAIRCUTTING, SCALP &
HAIR TREATMENTS
COLORING
BLOW STYLING, ETC.**

237 Lyons Avenue
Newark, New Jersey 07712

Robert and Mary Shiver, Props.

Visit our Hats & Jewelry Section

JoyJoyce Hair Studio



Specializing In Black Hair Care

- Curls • Waves
- Pressing • Hair Weaving
- Hair & Scalp Treatments
- Extensions
- Innovations Curls
- Cut and Style
- Full Nail Service
- Pedicures • Facials

JOYJOYCE HAIR PRODUCTS FOR THE DRY LOOK

By Appointment • Walk-ins Welcome

Open 7 Days

908-322-9719

1721 E. Second Street, Scotch Plains

DISCOVER THE POWER OF THE CITY
In the
City News
Family of Publications



City News ~ *Heartbeat (Supplement to City News)* ~
Minority Business Journal of NJ & NY ~ *Minority Business to Business Directory*

TEST YOUR DETECTOR FOR LIFE!



Special 1994 Fire Prevention and Safety Issue

- ◆ Fire Prevention Tips
- ◆ Local Programs and Features
- ◆ Disaster Preparedness
- ◆ First Aid

Test Your Detector For Life!

Cover Photo: TAKING A FEW MOMENTS TO PREVENT TRAGEDY-- Chris and Nicholas Kendrix, age 6 and 11, pay rapt attention as their father, Lt. William Kendrix of the Portland Fire and Emergency Services Bureau, checks the operation of the family's smoke detector. Kathy Kendrix, watches while holding Anthony, age 3.

Publisher's Message



Smoke Detectors Can Save Your Lives

No matter how efficient any given fire department is, any firefighter will tell you that successfully fighting a fire is nothing compared to preventing a fire death. If there is any one thing that will save lives in case of a fire, it is a properly installed, operable smoke detector.

Every day, a smoke detector saves a life somewhere in the United States. These tiny, often ignored appliances are the first line of defense every American has against death and injury in the event of a fire.

African-Americans are at higher risk of injury, death or property damage from fires. Many of the terrible statistics that translate into tragedy for many of us can be prevented through education and awareness.

The theme for this year's Fire Prevention Week throughout the country is, "Test Your Detector For Life" and we strongly suggest that our readers follow it and urge others around them to do so.

Most home fires begin at night, when people are asleep. It is the shrill and insistent pitch of this fire sentinel that alerts people to the dangers they face in the event of a fire.

It is easy to ignore one's smoke detector, but it could be fatal if we do. Changing the battery at least once a year and periodically checking that the smoke detector works are acts of vigilance that do not require much effort but may mean the difference between life and death. A study that the U.S. Fire Administration concluded this year shows that smoke detectors should also be changed once every 10 years, as their level of sensitivity drops--and no one can afford not to be warned if there is a fire.

This is why we are providing this Fire Prevention Week issue, as we have over the past few years. Everyone should be aware of the dangers of fire, and it is our duty to make as much of the important information available to our readers. Share this copy with others. Urge your children to take it to school and insist that the schools your children attend repeat its message.

We are thankful to Philip Morris Companies Inc. for once again sponsoring the creation of this helpful guide to preventing, surviving and minimizing the damage caused by fires in this country.

The Publisher

History of National Fire Prevention Week

National Fire Prevention Week, observed this year from Oct. 9-15, has had a rather lengthy but interesting history. The National Fire Protection Association compiled the following, which it published in the Fire Safety News Source.

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on Oct. 9, 1871. This tragic conflagration killed some 300 people, left 100,000 homeless, and destroyed more than 17,000 structures.

The origin of the fire has generated speculation since its occurrence, with fact and fiction becoming blurred over the years. One popular legend has it that Mrs. Catherine O'Leary was milking her cow

when the animal kicked over a lamp, setting the O'Leary's barn on fire and starting the spectacular blaze.

How ever the massive fire began, it swiftly took its toll, burning more than 2,000 acres in 27 hours. The City of Chicago quickly rebuilt, however, and with a couple of years, residents began celebrating their successful restoration by memorializing the anniversary of the fire with festivities.

Intending to observe the fire's anniversary with a more serious commemoration, the Fire Marshals Association of North America, the oldest membership section of the National Fire Protection Association, decided that the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. So on Oct. 9, 1911, the Fire Marshals Association of North America sponsored the first National Fire Prevention Day.

In 1920, President Woodrow Wilson issued the first national Fire Prevention Day proclamation. For more than 70 years, the nonprofit NFPA has officially sponsored and selected the theme for the national commemoration of Fire Prevention Week, honoring the anniversary of the Great Chicago Fire and using the event to increase awareness of the dangers of fire.

Every year since 1925, the President of the United States has signed a proclamation pronouncing the Sunday-through Saturday period in which

Oct. 9 falls, a national observance. This year, Fire Prevention Week is Oct. 9-15, with the theme, "Test Your Detector For Life."

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, Oct. 4-10, 1925, he noted that in the previous year some 15,000 lives were lost to fire in the United States. Calling the loss "startling," President Coolidge's proclamation stated, "This waste results from conditions which justify a sense of shame and horror; for the greater part of it could and ought to be prevented...It is highly desirable that every effort be made to reform the conditions which have made possible so vast a destruction of the national wealth."

NFPA continues today to make National Fire Prevention Week a priority and counts on the participation and effort of tens of thousands of fire and safety professionals, American Red Cross volunteers, and individuals working to reduce the risk of fire and the toll it takes on our society.

Approaching its 100th anniversary, the NFPA has led the way to fire safety since 1896. The mission of the international nonprofit organization is protecting people, their property and the environment from the effects of fire and related hazards through education, codes and standards, research and technical advisory services. The Association publishes the *National Fire Codes* and the *Learn Not to Burn Curriculum*. NFPA headquarters is in Quincy, Mass., U.S.A.

For additional copies of this special issue, send your request to:

THE SCANNER

"Challenging People to Shape a Better Future Now"

P.O. Box 5455
Portland, OR 97228

'Test Your Detector For Life' Carries Great Impact

Stanley J. Kossup

Fire Director

Newark Fire Department

Fire Prevention Week is Oct. 9-15, 1994. This year's theme for this annual event is, "Test Your Detector For Life." This is a very simple message, but carries great impact for the citizens of our city.

Experience shows us most fire victims die in their sleep between the hours of midnight and 5 o'clock in the morning. Most fire victims do not die from the effects of flames and heat, they die from the poisonous effects of smoke-smoke, which contains the by-products of combustion such as carbon monoxide. Carbon monoxide is an odorless, colorless gas which in very low concentrations can cause death.

A working smoke detector is the least expensive protection from the devastating effects of a fire. A smoke detector will not put out a fire but can give an early warning in the event of a fire to allow occupants to evacuate safely and notify the fire department.

A smoke detector is useless if there is none installed, if it doesn't work or has a dead battery. The only way you can be sure a detector is going to protect you is to ensure it is properly installed according to the manufacturer's instructions and



to test it periodically.

Detectors should be tested at least once a month. The battery should be replaced at least once a year or when the detector "beeps" periodically to indicate a low battery. A good rule of thumb is to replace your smoke detector battery when you turn the clocks back one hour in the fall. If you follow this procedure, you will be insured of a fresh battery each year.

To test a detector, you must do more than push the test button. Pressing the test button merely indicates the audible device (a buzzer or beeper, etc.) is in working order. To ensure the detection part of the detector works, you must introduce smoke into the detector.

This can be done by blowing smoke from a cigarette, cigar or large candle toward the detector. Be sure not to put the glowing end of the cigarette or cigar or the flame from the candle near the detector. Flame or heat will cause damage to the detector. After the device activates, you can silence it by fanning the smoke away with the newspaper or something similar.

In closing I would like to remind each of you, working smoke detectors are not only the best way to protect your lives and property from the effects of fire, but they are the LAW in the State of New Jersey. Any type of occupancy which has sleeping rooms must be equipped with smoke detector(s).

Follow These Emergency Procedures Outlines at Work

Following is a list of the procedures which should be followed in case of various emergencies in the workplace.

Civil Disturbance

- Report the situation: Dial 9-1-1
- Secure the building you are in. Lock all doors and windows, draw the drapes and stay clear of windows.
- Stay inside. Remain inside until you are instructed to leave by authorities.
- Remain calm. Avoid actions which could provoke demonstrators.

Hazardous Material Spill

- Report the emergency. Dial 9-1-1. Give accurate information such as the material spilled, if known, the amount, the location and any injuries.

Evacuate the building. Announce the emergency over the intercom or other system used to alert employees.

Check to see that all areas are evacuated. Go to your designated area of refuge. Take a head count to verify that everyone is present.

- Administer First Aid. See section on Medical Emergency.

- Evacuate upwind.

- Respond to the spill. Attempt response only if employees are properly trained and protective equipment is available.

- Stand by to assist emergency crews if necessary.

- Notify employees. When the spill is abated, notify employees to return to work or release them for the day.

Fire

- Remain calm. Don't panic. Assess the situation.

- Activate the alarm system. Use the building alarm system if one exists. If not, verbally alert others of the fire.

- Report the fire—dial 9-1-1.

- Evacuate the building by the nearest exit. Remember to isolate fire and smoke by shutting the doors behind you. Never use elevators when there is a fire. When using stairs, keep to the right to leave passage for fire and rescue personnel.

- Account for all employees. Check to see that all areas are evacuated. Go to your designated area of refuge and take a head count to insure everyone is present.

- Assign someone to meet the firefighters when they arrive. This person should have knowledge of

the building, i.e., the floor plan, utility shut-offs, etc.

- Use a fire extinguisher only on small fires.

Bomb Threat

- Remain calm. Listen carefully, try to recall the exact message received, the voice pattern, background noise, etc.

- Note the time now, then ask the following questions:

- What time will the bomb go off?
- Where is the bomb?
- What does it look like?
- Why hurt us?
- What kind of bomb is it?
- Who are you?
- Give whatever data you collected above to your supervisor.

Report the emergency: Dial 9-1-1. If the decision is made to evacuate, calmly alert others to evacuate by the nearest exit.

- Account for all employees. Check to see that all areas are evacuated. Go to your designated area of refuge and take a head count to insure that everyone is present.

- Assign someone to meet emergency personnel when they arrive. This person should have knowledge of the building, i.e., floor plan, utility shut-offs, etc.

Robbery

- Remain calm. The robber may well be more nervous than you are. Stay cool, but smart. Do not stare, but observe the robber's appearance. Compare him to yourself to estimate height, weight, age, etc. Does he have any outstanding or unusual characteristics?

- Do not argue. Never argue with a robber. Give him what he asks for but do not give him more than he asks for. Include any "bait" money. Activate any alarms or cameras as soon as it is safe to do so.

- Note the weapon. Was the weapon a handgun? Automatic or revolver? Was it a shotgun, rifle or knife?

- Observe what the robber touches. Do not touch anything the robber might have touched. After the robber leaves, secure the building. Secure the area where the robber or robbers were located to protect any evidence that might be present.

- Report the robbery. Dial 9-1-1. Give them your location, describe the suspect vehicle if known, and direction of travel. Give as complete a description of the robber as possible.

- Never chase a robber—no amount of money is worth your life. Heroics during a robbery may result in injury to innocent bystanders or a hostage situation inside your building.

Earthquake

- Remain calm. Do not panic.

- Duck, cover and hold. When the shaking starts, duck under a sturdy desk or table. Stay under cover until the shaking stops. If no desk or table is

available, seek cover against an interior wall and protect your head and neck with your arms. Hold onto the desk or table. If it moves, move with it. Hold the position until the shaking stops.

- Assess the situation. Determine if evacuation is necessary. If it is, exit the building in a calm, orderly manner by way of the nearest exit. Go to your designated area of refuge and take a head count. Once outside, stay in the open away from trees, buildings and electrical wires and poles.

- Report any emergencies: Dial 9-1-1. If emergency services are not able to respond immediately, you may have to begin search and rescue operations for any missing employees or other people in the building. Beware of aftershocks that may bring down a building already weakened by the initial quake. Do not move seriously injured people unless necessary. Administer first aid where needed.

- Maintain order. Panic is still the greatest danger to personnel. Try to maintain order and keep your group together. Nevertheless, do not try to stop anyone who insists on leaving. Fight any small fires until firefighters arrive.

- Have someone meet emergency and rescue personnel to direct them to any injured or trapped individuals.

Medical Emergency

- Remain calm. Don't panic and risk taking the wrong action such as moving the injured person unnecessarily.

- Report the emergency by dialing 9-1-1. Give accurate information such as the location, age, sex, and what happened to the victim. Do not hang up until the other party does so.

- Do not move the victim unless there is immediate danger.

- Seek qualified help. Contact someone at your facility qualified to administer first aid to assist until professional help arrives.

- Ensure breathing and check pulse. Perform CPR if breathing and pulse have stopped, and if you're properly trained.

- Control bleeding. Apply direct pressure to the wound. Keep firm pressure applied until emergency personnel arrive.

- Treat for shock. Keep the victim quiet and lying down with feet slightly elevated, unless the victim has difficulty breathing. If the victim is unconscious, place the victim on his or her side. Do not move the victim if you suspect a neck or spinal injury, unless absolutely necessary.

Cover the victim to maintain body temperature.

- Cool a burn with cold water. Do not apply ointment. Cover the burn with a sterile cloth. Watch for shock. Chemical burns require flushing the affected area with water for 15-20 minutes, or until professional help arrives.

- Treat for inhaled poisoning. Remove the victim to fresh air. Perform CPR if breathing and pulse have stopped, and if you're properly trained.

- Assign someone to meet emergency personnel and show them to the victim.

- Offer to contact the personal physician of the injured party, if possible.

Home Fire Escape Plans Need Practice

Most fires that kill people occur at night, according to the United States Fire Administration. It is because of this that all families are urged to create and practice a home fire escape plan.

There are about 2.4 million fires reported each year in this country—the U.S. has one of the highest fire rates in the world. Of these, about 80 percent occur in private homes. These fires are responsible for nearly 6,000 deaths and 100,000 injuries annually.

Both age extremes are the most vulnerable in these cases—the very old and the very young. These age groups are more than twice as likely to die in a fire. Practicing a fire drill repeatedly allows families to make the drill second nature and to work out any kinks or problems which they may otherwise not think about until a fire actually strikes.

When creating an escape plan, it is essential that people:

- Make sure all persons in the house have two ways to escape from bedrooms. In order to assure this, collapsible ladders should be purchased from hardware stores for all two-story or higher bedrooms.

- Practice feeling their way through each room with their eyes closed.

- Designate an outside meeting place so that family members know if anyone is missing.

- Practice the home fire escape plan regularly.

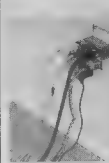
- Keep a flashlight with fresh batteries available so they can see even slightly through smoke; keep a whistle available to alert the family; keep the fire department's phone number handy.

- Install and maintain a smoke detector or two on every level of one's home.

If a fire occurs, family members should be trained to crawl to a door and touch it to see if it is hot. If it is, they should be told to leave by an alternate escape route. If people are unable to leave their room or apartment, they should try to seal the cracks around the door with wet towels and open the windows for fresh air. Family members should also be told that if their clothes catch fire, they should stop, drop to the ground and roll to extinguish the flames.

"Most fire safety behavior is common sense, yet thousands of Americans are injured or killed in fires each year because they cannot remember what to do," said former USFA Administrator Olin L. Greene. "Surviving can be as simple as devising a home escape plan, but it must be practiced."

Fire Prevention Begins at Home



Almost 6,000 Americans die in home fires each year, according to the United States Fire Administration. Fires cause injury to tens of thousands more. There is also a financial cost—fire destroys more than \$7,400 worth of damage every minute.

Although the movie *Back Draft* did much to glorify fire fighters, it did not give much information on how to prevent fires. However, it did help open the door for public information specialists at fire departments.

"There was no educational value for kids, and the movie glamorized fire to some degree," said Don Porth, a public information officer at the Portland, Ore. Fire Bureau. "But, we have lots of people ask us questions about the movie, and it gives us an opportunity to educate people on the hazards of fire. Anytime we can increase our interaction with the public, we're all for that." Porth is one of six public information specialists at the Portland Fire Bureau. Each concentrates on a different area, but all are aware of the importance of reaching the public. And one of the major areas of emphasis fire departments across the country want to emphasize is preventing fires.

Fire prevention begins at home. It is important for all homes to have a fire escape plan and to practice it, according to the United States Fire Administration. Details on devising fire escape plans are found in another article in this issue.

It is also very important for parents to educate themselves and their children on the hazards and dangers of fire, on smoke detectors, on the proper use of fire extinguishers, on what to do in case of a fire, on first aid, on how to spot fire-setting tendencies in children and what to do if such tendencies exist.

"Parents can provide the information and education themselves," Porth said. "If they feel they are not effective, then they can contact us and we will help in any way possible."

Another way people can prevent fires is to do a home fire safety tour to determine whether there are fire hazards in their homes that they may not be aware of.

Parents can also educate themselves and their children on fire safety outside of the home—such as when building fires at campsites, when smoking cigarettes or playing with fireworks.

All the information needed to prevent fires or to lessen the deaths, injuries and damage they cause is available at local fire departments throughout the country.

The United States suffers from one of the highest fire rates in the world. Every day, 13 people die in their own homes because of fires. Fire does not discriminate, and everyone has the potential to be a victim.

People should find out as much information as possible on fires and should encourage the schools their children attend to present fire safety and prevention classes from time to time in order to make students aware of the dangers that fire can cause.

Should You Fight the Fire?

Before using a fire extinguisher to fight a small fire, one should make sure that everyone has left or is leaving the building. The fire department should also have been called.

Never use a fire extinguisher to fight a fire if any one of the following conditions is true:

- The fire is spreading beyond the immediate area where it started, or is already a large fire.

- The fire could spread to block your escape route.

- You are untrained in the proper operation of the extinguisher.

- You are unsure whether the extinguisher is designed for the type of fire at hand.

- You are unsure whether the extinguisher is large enough to fight the fire.

If any of the above conditions exist, it is reckless to fight a fire with an extinguisher. Instead, leave immediately, close off the area and leave the fire to the fire department.

If You Do Fight the Fire:

Remember the word PASS.

Pull the pin: Some extinguishers require the release of a lock latch, pressing a puncture lever or some other first step.

Aim low, and point the extinguisher nozzle at the base of the fire.

Squeeze the handle to release the extinguishing agent.

Sweep from side to side, keeping the extinguisher aimed at the base of the fire until it appears to be out. If the fire area breaks out again, repeat the process.

The above information is provided by the National Fire Protection Association

Facts About Fire Extinguishers

By Joe E. Zaydik



Fire extinguishers can save lives and fire by putting out small fires or containing them until the Fire Department arrives. However, they are not designed to fight a large or spreading fire.

These safety devices can be used under limited conditions. They are useful if they are rated for the type of fire at hand. Not all extinguishers can be used for grease fires, for instance, or for chemical fires.

They are also useful if they are large enough to put out the fire. Most portable extinguishers discharge all of their extinguishing agents in as little as eight seconds.

They can be used if they are within easy reach, fully charged and in working order. The operator must know how to use the extinguisher, as there is no time to read directions during an emergency. The operator must also be strong enough to lift and use the extinguisher properly.

When choosing a fire extinguisher, make sure that it bears the seal of an independent testing laboratory. It should also be labeled for the type of fire it is meant to extinguish. It is very important to note that using the wrong kind of extinguisher may make the fire worse. There are three basic types of portable fire extinguishers:

- Type A is used for ordinary combustibles such as wood, cloth, paper, rubber, any plastics and other common materials.

- Type B should be used for flammable liquids such as gasoline, oil, grease, tar, oil-based paint, lacquer and flammable gas.

- Type C extinguishers should be used on energized electrical wiring, fuse boxes, circuit breakers, machinery and appliances.

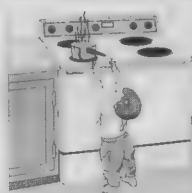
Portable fire extinguishers are also rated for the size of fire they can handle. The larger the number is, the larger the fire the canister can put out. Higher-rated models are usually heavier, so buyers should make sure they can hold and operate the extinguishers they are buying.

Once bought, extinguishers need routine care. As soon as it is purchased, read the operator's manual. Ask the dealer how to get your extinguisher inspected and serviced. Reusable models must be recharged after every use. A partially discharged unit might as well be empty.

Disposable extinguishers can be used only once. They must be replaced after one use.

Extinguishers should be installed in plain view near an escape route and away from potential fire hazards such as heating appliances. If unsure about where to install a fire extinguisher, call the fire department for advice. Many fire departments across the country also offer training and practice in the use of portable fire extinguishers.

Burns Require Their Own Special First Aid



More than 2 million Americans suffer from burns each year, and of those, 8,000 die and thousands are disfigured for life. In most cases, youngsters are the victims.

There are three basic types of burns: thermal burns, chemical burns and electrical burns.

Thermal burns can be caused by scalds, open flames, hot surfaces and other heat sources. If someone suffers a thermal burn, immediately but carefully remove the victim from the heat

source and call the local fire department or emergency number for help.

Check to see if the victim is breathing—if not, perform cardio-pul-

monary resuscitation (CPR) classes are available through American Red Cross and other organizations, and it is a good idea for several family members to take the class).

Small burns should be cooled with cold water. The burn area should be covered with a clean sheet or any clean linen, and the victim should be kept warm.

Chemical burns should be treated differently from thermal burns. The burn area

should be flushed with water for at least 20 minutes. All contaminated clothing should be carefully removed. If the eyes are affected, flush them liberally with water.

It is important to look for information on the chemical and if it is identified, call the local poison control center or emergency number. The burn area should also be covered with a clean sheet, and the victim should be kept warm and comfortable. Medical attention should be sought right away.

If a person is burnt through an electrical source, immediately shut off the current. If needed, and with great care, move the victim away from the electrical source. A piece of dry wood or non-conductive material should be used.

Check the person's pulse and breathing, and use CPR if needed. The burn area should be covered with a clean sheet, the victim kept warm and comfortable. Seek medical attention at once.

Firesetting Behavior Can Be Prevented

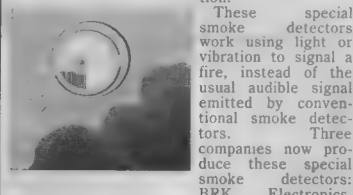
Parents can do wonders to prevent firesetting by juveniles by following these tips:

- Lead by example. Children will often treat fire with the same respect that their parents do.
 - Explain why the children can not use fire. Just admonishing the children with the word, "Don't" is not enough.
 - Treat matches and lighters as dangerous tools the way other dangerous household items such as sharp kitchen knives, kitchen appliances, etc. are used.
 - Keep matches and lighters out of the reach of children; or remove all unnecessary matches and lighters completely. Most children set fires because the firesetting tools are available.
 - Reward children for properly handling firesetting devices. Also make it clear that there will be punishment for the misuse of matches or lighters.
 - Encourage your child's school to promote fire safety education for at home or at school.
- Parents or guardians who are uncomfortable with the idea of educating their children regarding fire safety and fire use should call their local fire bureau for assistance. Most fire bureaus around the country now have fire education programs in place to assist parents, school administration and others.

Special Type of Smoke Detectors Warn the Hearing Impaired

By Joe E. Zaydik

A new type of smoke detector is now available to warn persons with hearing impairments, according to the National Fire Protection Association.



These special smoke detectors work using light or vibration to signal a fire, instead of the usual audible signal emitted by conventional smoke detectors.

Three companies now produce these special smoke detectors: BRK Electronics, Gentex Corp. and Ventex, Inc. The products from these manufacturers have met the standards set by Underwriters Laboratories, Inc.

Underwriters Laboratories, Inc. has now established a standard used for testing smoke detectors and other signaling devices made especially for hearing impaired people. The UL 1971 standard resulted from a major research study and criteria, based on research for testing the devices on sleeping hearing-impaired people. This study established the intensity of the signal needed to awaken a sleeping person with a hearing impairment.

To avoid confusion, all smoke detectors which carry a visual signal are now marked as follows. If you are buying a smoke detector specifically for the hearing impaired, make sure the device indicates it is specifically for the hearing impaired. The markings on the packages now indicate:

1. Fire Evacuation. This category is marked with the words, "Signaling Appliance for the Hearing Impaired," and come with no caution warning.
2. Fire Alarm Warning - Private Mode of Fire Alarm Informative. This category of product is described as a "Fire Protective Visual Signaling Appliance." The product warning indicates that this product is "Not to be used as an indoor visual evacuation signal or for the Hearing Impaired," or "Warning: Private Mode only, not for the hearing impaired."
3. Non-Emergency - Visual Signaling Appliance. This category of smoke alarm comes with the warning, "Warning - Not to be used as an indoor visual evacuation signal or for the Hearing Impaired."

Anyone who is interested in additional fire safety information for people with disabilities are encourage to send a self-addressed, stamped envelope to NFPA's Learn Not to Burn Foundation, One Batterymarch Park, Quincy MA 02269.

Why Arsonists Set Fires

By Joe E. Zaydik

The Federal Bureau of Investigation considers arson as serious a crime as murder or forcible rape. Yet, each hour, an arsonist strikes in southern California. Some arsonists, such as the Seattle area's recently-convicted Paul Keller, were responsible for setting a series of extremely costly fires—in Keller's case, at least 76 of them.

"(Arson) is the intentional damaging of property by the use of fire or an explosive device," said Lt. Richard Grace, an investigator with the Portland Bureau of Fire & Rescue's Arson Unit. It is estimated that arsonists around the country cause about 1,400 deaths annually and more than \$1 billion in property damage. What would one look for in an arsonist?

"There is no typical arsonist's profile," said Deputy Chief Tom Oney of the Dallas Fire Department. "It could be anyone. What you have to look for are the reasons arsonists would set fires."

Arsonists set fires for a number of reasons. According to the U.S. Fire Administration, fires are set for quite a number of reasons: vandalism; revenge; as a cover-up for another crime such as burglary; to defraud insurance companies; because of emotional disturbance; and finally, as a profession—arsonists-for-hire have become more common.

Arson tends to occur more frequently during difficult economic times, according to Oney.

"The vast majority of arsons by adults are to gain economically," Oney said. "Business failure, debt on a home or vehicle, or even just trying to get ahead of the game by having insurance companies foot the bill are the most common reason arsonists set fires."

The favorite targets of arsonists include dry and isolated brush areas, which provide the felons with easy targets for large-scale destruction.

As disturbing as it may be, arsonists also like to target schools, especially when no one is around to see them light the fires. Other common targets include vacant buildings, homes, trash and other flammables, churches and other houses of worship, and buildings under construction, especially housing tracts, condominiums and townhouses.

With the increase in homelessness comes a relatively new type of arson fire—the battle over turf by homeless people, according to Oney. The Dallas Fire Department is now in the process of hearing the case of an out-of-state transient who had allegedly set fire to a series of buildings, because the homeless persons who had been using the unoccupied section of a commercial building did not want him to stay with them. Out of revenge, the

alleged arsonist set fire to the building, a church and a few other surrounding buildings.

Arsonists typically do not want to be noticed—stealth is imperative for them, so they prefer to set fires when there is no one around. Because of this, neighborhood crime watch programs are important—they deter arsonists, burglars and vandals.

The proper, safe storage and quick disposal of trash and other flammables will also deter arsonists. Locking doors and windows in churches and other places of worship also discourages these criminals from setting fires.

There are several types of arsonists, but the true pyromaniac, the person who sets fires for the gratification it brings them, are quite rare.

"In seven years of experience as an arson investigator, I can probably count on two hands how many true pyromaniacs I've seen," said Grace, whose work has brought him through thousands of arson investigations.

Pyromaniacs usually wind up under the jurisdiction of psychiatric review boards, and require ongoing psychiatric help. But they differ from what are known as arsonists of opportunity, who are defined as people with some kind of mental defect or deficiency, who succumb to temptation when materials which can help them light fires are available.

Other ways to deter arsonists are:

- Protect your property by clearing out potential fuel for fire, such as leaf piles, newspapers, trash and combustibles in storage locations, stairwells and porches. Eliminate easy access by locking all doors and windows, especially around basements, garages and first floor areas.
- Install ample outdoor lighting, as this may discourage a potential arsonist.
- Become familiar with the daily routine in your neighborhood and report and questionable activities to the police.
- Make police and firefighters aware of vacant buildings you think are being allowed to deteriorate.
- Teach children about the serious consequences of fire and arson.
- Give police, firefighters or insurance investigators as much cooperation and information about any fire they are checking into in your neighborhood, as your information could turn into leads.

Did You Know That...

- The leading cause of home fires is heating equipment that has been improperly installed, designed, poorly maintained or misused? Heating equipment that falls into this category include wood stoves, fireplaces, chimneys, portable heaters and other space heaters.
- The careless handling of cigarettes, cigars and pipes results in more fire deaths than any other single cause?
- Cooking fires cause more injuries than any other type of home fire?
- Using the wrong type of fire extinguisher could actually make the fire worse?
- Two-thirds of all children who start fires do so out of curiosity or because they have not been warned of the dangers of fire?
- Smoking is the No. 1 cause of all fatal apartment fires and that nearly a third of them are caused by someone smoking in bed?
- Most residential fires start at night?

Tips to Prevent Serious Burns

By Patti David

In 1993, one of the leading causes of burns admitted to hospitals nationwide were hot liquids and the misuse of gasoline and propane.

Among the most susceptible to deep burns from hot liquids are the very young and the very old, because their skin is thinner.

It is important to know that in just five seconds, tap water set at 140 degrees Fahrenheit. Being careful is not enough, the burn care professionals say. To prevent tap water scalds, set the temperature of your water heater at its lowest setting—between 120 and 125 degrees Fahrenheit.

Young children often burn themselves with hot liquids when they pull hot food or beverages onto themselves from tables, countertops and stoves. Adults can burn themselves while cooking, as well. It is important to turn pan handles toward the rear of the stove so that the pans cannot be pulled or

knocked off the stove by cooks or children.

Burns from the improper use of gasoline, propane and other flammable liquids don't discriminate—fires don't know how old you are or what your racial or socio-economic background is.

Gasoline should only be used to fuel engines. Any other use is extremely dangerous and carries the risk of a serious burn.

Each year, thousands of Americans are burned or killed when they use gasoline as a solvent or to accelerate a fire in a back yard burn pile.

Following is a list of tips to help prevent gasoline and other flammable liquid-related burn accidents. These include:

- Store only minimal amounts of gasoline and use only approved safety storage cans.
- Store flammable liquids in a well-ventilated area, away from any source of ignition.
- Lawn mowers and other gas-powered equipment should be fu-

eled outdoors, where there is adequate ventilation to disperse vapors. Engines should be fueled only when they are cool.

Leave space for vapor expansion when refilling gasoline and propane storage containers. Propane is especially prone to expand as it warms up, building pressure in the container that could result in the release of vapors.

Whenever using gasoline or propane, be aware that the flash-points of gasoline and propane are so low that they are constantly giving off flammable vapors. These vapors can travel long distances along the ground to an ignition source.

If an accident occurs and your hair or clothing catches fire, remember to stop, drop and roll. Stop wherever you are, drop to the ground and roll. Cool the burn in cool water, remove the burned clothing and get medical help. Do not use ointments or creams on a burn.

Education Can Help Juvenile Firesetters

By Patti David

All it takes is one match to set off a fire that will raze an entire city block, causing millions of dollars in damages, killing people and ruining the lives of survivors. This statement may seem obvious to adults, but it is not obvious to children.

There are misconceptions surrounding the idea of educating children on fire and burn safety. Some parents may believe that if they bring the subject up, the children may begin playing with matches and fires. But this is a case where education could prevent needless tragedy.

"Children are naturally curious about fires," said Jonathan Parries of the Cleveland Fire Department's Fire Education Unit. "Parents need to know it's a normal thing for kids to be curious about fire, but just because it's a normal behavior doesn't mean it's a safe behavior."

Firefighters and therapists across the country agree that one of the best ways to prevent firesetting behavior among the very young is to teach children the dangers of fire, as well as its proper use. They can be taught this at a very early stage—there are numerous cases around the country in which children as young as 2 or 3 years of age have started fires.

First of all, it is important to keep matches and

them tell me about where

These Are Not Toys



If you find matches, give them to your mom, dad or any adult.

he added.

In addition to fire safety information, Quist tries to familiarize the juvenile firesetters with firefighting equipment and protective clothing.

"We teach the kids up as firefighters so they can see how heavy the equipment is," he added. "Basically, we become friends, and that's how we've worked the program. Dee Pannullo does the clinical part of it."

Because all children can benefit from fire safety education, there are other programs available. The department teaches fire safety and fire prevention information in the schools, utilizing the Learn Not to Burn program of the National Fire Prevention Association.

Learning about fire safety and prevention can be fun. For instance, at the St. Barnabas Hospital, kids can learn about it hands-on in the Fire Safety House.

This device is actually a 28-foot trailer which holds a two-story "house" scaled down to kids' size. It features a fully equipped kitchen downstairs, as well as a living room. Upstairs is a bedroom and bathroom, and attached to the bedroom is a balcony with a ladder leading off it.

"The Fire Safety House has a built-in non-toxic smoke system which uses a Roscoe Smoke machine—the same stuff they use in Hollywood," Quist said. "What happens is the kids start out in the living room, point out the fire hazards in there and in the kitchen, then the go to the bedroom and bathroom upstairs and point out the fire hazards on the second floor."

"Smoke is pumped into the second floor, the children hear the smoke alarm go off, so they know what it sounds like, and they go out the window onto the balcony," he continued. "After that, one of

they'd get out if there was a fire smoke detectors, and if they don't have one, we try to get smoke detectors for them."

Quist said that at least two hospitals in Newark have received grants to give out smoke detectors to families who do not have them. These hospitals include the Newark Beth Israel Hospital and St. Barnabas Hospital in Livingston, which also houses the Burn Unit.

"Then, the next time I see the kids, we talk about where their guardians put them up,"

the other instructors takes one of the kids back inside, without the other kids seeing, and then he goes outside and meets the kids.

"They count head and he asks the kids who's missing? The kids say, 'Johnny Jones.' The instructor asks the kids who wants to go back in and get Johnny Jones, and then the kids all start yelling, 'Me! Me! Me!' and that's when we tell them to never go back in," he said. "Instead, they should go to the phone and tell the fire department who's missing or tell the firefighter on the scene who's missing and where they last saw him or her. The fireman then sends the kids back to their group, he

"We start doing our activities on Oct. 1 and it lasts until about the second week of November. It sometimes goes longer than that—it depends on how many schools sign up for us to go to them."

Bill Quist, Firefighter

goes in and brings the child out."

In addition to the Fire Safety House, the fire department provides children with pamphlets, coloring books, "Just about every time we go out, and as long as the supply we have lasts," Quist said. The department receives new supplies around National Fire Prevention Week, although the educational activities surrounding that week actually last about a month and a half.

"We start doing our activities on Oct. 1 and it lasts until about the second week of November," Quist said. "It sometimes goes longer than that—it depends on how many schools sign up for us to go to them."

In addition to these projects, the department conducts fire drills in the schools.

"We also teach them about the use of the fire alarm boxes," he continued. "I tell the children that if they are in danger and need help that they can pull the fire alarm box and the fireman will come and help them. If there's a car accident, someone who's ill, or whatever. A lot of people in Newark don't have phones, so that is an avenue that they can use to get help."

"But we tell them to use it for emergencies only," he added. "It's not so that they can see the fire engine go by. If they want to see a fire engine, they can talk to their parents or their teacher, and we'll work something out, and go to as many schools as requested."

"...it's a normal thing for kids to be curious about fire, but just because it's a normal behavior doesn't mean it's a safe behavior."

Jonathan Parries

lighters away from children who are too young to understand the dangers involved in playing with these devices. However, as soon as they understand it, it is wise to educate them on fire safety and fire prevention.

Part of the fire safety and fire education efforts geared at juvenile firesetters are performed by the Newark Fire Department's fire education section, together with Essex County psychotherapist DeLizia Pannullo at the Family Services Center. Firefighter Bill Quist, who works with educating children about such topics, said that he and Sesame Street collaborated on making a film called "Big Bird's Trip to the Fire House."

"When I show it to the kids, I tell them to see if they can find me in there," Quist laughed. "It makes the kids interact with me so that they talk."

"Once they open up, I teach the kids why they don't want to do these things and pull fire alarm boxes, start fires, the normal fire safety stuff. I let

Fire Education is Available for Public Through Newark Programs

By Patti David

Aside from the various fire safety and fire prevention programs available for children in Newark, the Newark Fire Department also provides fire safety and fire prevention lessons for senior citizens, residents of high-rise buildings and businesses.

The program geared toward senior citizens is called the Senior Citizens Fire Safety Education program, according to Firefighter Bill Quist of the Newark Fire Department's Fire Education section.

In this program, the fire department meets with senior citizens at the high-rise buildings where they live or in their senior citizen complex.

"We talk to them about fire safety," Quist said. "For instance, we tell them not to smoke in bed; if they start to cook something, they shouldn't go lie down; if there is a fire, get out; and if you can't get out, call on the phone."

In addition, seniors are educated on staying outside of a burning building once they escape from it. They are also taught burn prevention.

"You sometimes have to overcome a lot of the older ideas you have on burn prevention and fire prevention," Quist said. "In addition, we tell them about the 9-1-1 system. I actually tell them about both numbers—the 9-1-1 number and the fire department's direct emergency line, which is 733-7400, to report a fire or an emergency."

In order to get this training, a representative from the senior's group calls Quist and they set a schedule to do each of the seniors' buildings.

Fire safety and prevention training given to businesses is called Industrial and Business Commu-

nity Fire Safety. During these sessions, which again are requested by the businesses, employees are taught about general fire safety, as well as the dangers of smoking in storerooms and areas where smoking should not be allowed.

"We also talk to housekeeping and tell them to put the garbage out every night, and that if they start cooking something for lunch, to make sure



that they're there when it's done, so that it doesn't cause a problem," Quist said. "In addition, we teach them fire extinguisher training."

During this facet of the training, employees and the general public are taught about A, B, and C class fires (See related sidebar).

"A Class A fire is anything that leaves an ash, like wood, paper and cloth," Quist said. "Class B is anything that comes in barrels, like gasoline, cooking oil and other liquids. Class C fires are anything that carry current."

"During this training, Quist said they also try to train people to use the right kind of extinguisher to minimize the damage."

"For instance, we tell people never to put out a computer fire with dry powder extinguishers," Quist said. "While those will put out Class C fires, they will also ruin the keyboard. That's why on most computer fires, we use Halon—that's a gas—or something with that major system in them."

This training is also done for residents of high-rise buildings, along with other information.

"We conduct in-house fire drills for the management of high-rise buildings so that they can teach the people in the building how to react properly in the event of a fire," Quist said. "In this training, we assign floor wardens for each floor so that they can take responsibility for warning the residents and making sure that they move two floors below the fire and wait for further instructions from the fire department."

Quist said that each high-rise building is equipped with an alarm system that is connected to the fire department. They also have an internal alarm system connected to their main board, so that all residents can be warned in the event of a fire.

For more information or to schedule one of these education sessions, contact the Newark Fire Department's Fire Education section.

Kids Cause More Than Half of New Jersey's Arsons

By Patti David

Nationwide, juveniles accounted for 43 percent of all arson arrests in 1989. In New Jersey, despite the difficulties of tracking juvenile-set arsons, at least 53.4 percent of all arson-related cases in 1986 were attributed to 15-to-17-year-olds.

The fire which generated a massive amount of media coverage was the 1985 Labor Day fire in Passaic, N.J. Children playing with matches were responsible for \$100 million in damages. But there have been many more—and physical damage was far from the only cost.

Throughout the country, children playing with fire was the leading cause of death for children under age 5 in 1989. In Essex County in 1992, 71 percent of all fire fatalities were children and 60 percent of those deaths were caused by children playing with fire. All the fatalities in fires caused

therapist Delizia Pannullo at the Family Service Bureau on Fulton Street. It has been very frustrating for Pannullo, who handles both juvenile firesetters and sexual offenders.

A letter Pannullo sent to Newark's Arson Squad on March 23 states that out of the 55 juveniles referred to her office from March of 1992 to December, 1992, only two of the referred juveniles and their families kept their appointments, "in spite of our concerted effort to offer families a much needed service to help combat the increasing number of fatalities and loss of property resulting from juvenile firesetters."

Pannullo's letter continued that "We clearly need to take a more aggressive position and I suggest we do this by advocating for the use of 'station house adjustments,' formal complaints and family crisis petitions."

These "family crisis petitions" are a way of forcing a family to attend to the problem via a court order issued by the Family Court. There are other methods. As in New York, children age 7 and older can be charged with arson. If they and their parents do not voluntarily attend the program, the courts can fine the parents of the juvenile firesetter and can hold them in contempt.

But a family crisis petition is one performed by an arm of the Family Court. It basically states that there is a crisis within a certain family.

"If the family doesn't recognize it as a crisis then we can make an application to the court to call the parents in and take a look at what's going on here," Pannullo said. "The Family Crisis Office can court-order a family to attend our firesetters program."

This is necessary because firesetting children are a danger to themselves, to their parents, other family members, and to their neighbors.

"Still, implementing this is hard," Pannullo said. "Many firefighters are reluctant to arrest a kid or report his firesetting activities because he's just a

we don't have the staffing we did before where we could actually go out and do the home visits."

The Bureau of Fire Safety and Task Force on Juvenile Firesetting found in its research that "many juvenile firesetters are among our most troubled children. Frequently victimized by physical and/or sexual abuse and neglect, they are often lonely and disenfranchised, acting out their troubles through firesetting."

The program is supposed to take between 10 and 12 weeks, although most of the firesetters do not complete the entire period. This is because once the children and their parents are educated on fire safety and fire prevention and the underlying cause

Out of the 55 juveniles referred to the program from March to December, 1992, only two of the referred juveniles and their families kept their appointments.

for their firesetting behavior is found, the families are often referred to other therapists for treatment of the underlying cause.

Pannullo said that since 1992, larger percentages of parents have been coming into the program with their firesetting children. In addition, the program has been receiving and handling more referrals from both the Family Crisis Office, the fire bureau and through court orders.

"It's slow, real, real slow," Pannullo said, "but it's coming to fruition," she said. She attributed the increase in actual cases at the Family Service Bureau to a spreading of more information to the public, to the fire bureau personnel, to the courts, to just about everyone.

"Everyone has to be involved," she said. "The thing is to make people more mindful of this, so we're doing more to make people aware, that we do have this problem and it's a growing problem. We all need to intervene in little ways or big ways, everybody needs to be mindful of it, to tug here and there, and we're doing it in a way that's non-threatening."

Despite the fact that therapy is known to help people, there is still a stigma attached to it, Pannullo said.

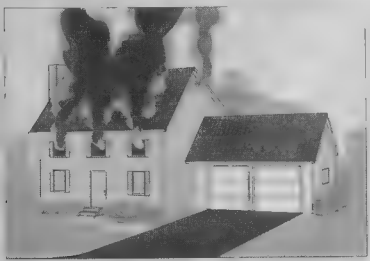
"What we're doing is we're not attaching any stigma to it, but we're realistic too," she said. "We realize that there is a lot of ambivalence about dealing with mental health clinicians and law enforcement. Then, there's the family dynamics underlying the firesetting."

She said that more fire bureau personnel and law enforcement officers are encouraging people to join the juvenile firesetters intervention program, and more paraphernalia on the problem has been distributed. A few less fires are being listed as "suspicious" and a few more referrals are sent to Pannullo instead.

If the problems underlying firesetting behavior are not addressed, they could move on to more serious offenses, such as sex offenses, serial rape and serial murder, according to Pannullo.

"Firesetting is a way for kids to express how

Please See ARSON on Page 8



by children were juveniles. Some 33 percent of all fire deaths in Essex County in 1992 were in fires started by juveniles.

Because of the staggering losses caused by juvenile firesetters in the area, a confidential Juvenile Firesetter Helpline was recently created by the State of New Jersey. It was created not only to help young firesetters but to prod counties into providing help for these troubled youngsters.

Anyone who needs help, advice or referrals from the helpline can call 800-357-5230 from 8:30 a.m. to 4:30 p.m. during weekdays. "During weekends and evenings, messages are taken."

This hotline was established nearly seven years after it was recommended by the state Juvenile Fire Setters Task Force. Among other recommendations of the task force are: having juveniles over age 14 fingerprinted if they are judged delinquent on arson or firesetting charges; having the Bureau of Fire Safety serve as a clearinghouse to establish and use research funds for additional study and provide information on juvenile firesetters; and that the judiciary address the juvenile firesetter problem, involving both the youth and his parents in a plan of treatment.

In other cities, such as New York for instance, arson investigators are allowed to arrest children as young as 7 years of age. These youth and their parents are then given a court order to enter the Juvenile Firesetters Intervention Program in that city, or face the Juvenile Justice System. Similar programs exist in other cities.

In Newark this is also the case, but fire personnel are sometimes hesitant to take a child in or charge him with arson. Parents and their juvenile firesetting children are merely invited to participate in a program created and headed by psycho-

In Essex County in 1992, 71 percent of all fire fatalities were children and 60 percent of those deaths were caused by children playing with fire.

kid. But what I want to point out to everyone is that just because it's a kid doesn't mean it's not a serious problem. And when you intervene with a kid, that's the best time, before the pattern is set, because once the pattern is set, it becomes more and more difficult."

Pannullo said that they try to stress the fact that the program is there to help people, not to judge or criticize anyone.

"The most difficult thing is to get people to walk through that door once," she said. "But once they walk through the door, they're treated with respect and given courtesies by the professionals here, who are not here to point fingers or criticize and blame. Once they're at ease, they feel better about the problem."

Pannullo said that it is important to ally the parents or guardians to the program, because, "they're the people who need to change things. We're not going to do anything outside of this office because

Tour Your Home to Locate Potential Fire Hazards

By Patti David

Everyone risks the tragedy of home fires. Every day, about 13 people in the United States dies at home because of a fire. This applies to people who live in single-family dwellings or multi-family dwellings such as duplexes, triplexes, apartment complexes or condominiums.

It is essential to do an evaluation of the fire hazards in one's own home in order to minimize the risk of danger. The National Fire Protection Association has created a list of essential considerations in checking homes for fire safety.

Throughout the house, it is essential that smoke detectors are properly installed and maintained. Smoke detectors save about one life a day, and if properly maintained, are vigilant at all times. Most fatal home fires occur while people are asleep, and smoke detectors wake people up before the smoke overcomes them, cutting the risk of dying in a fire in half.

In order for these essential warnings to be effective, the following should be followed:

- Smoke detectors are needed outside each bedroom and on each additional level of the house, in-



cluding the basement.

- On floors where there are no bedrooms, smoke detectors should be installed in or near the living area, where most home fires start, and at the base of staircases.

- Smoke detectors should be tested regularly. The National Fire Protection Association suggests that these detectors be tested weekly. Batteries should be replaced at least once a year, according to the manufacturer's instructions.

- Everyone in the family should be warned to leave smoke detector batteries alone, to resist the temptation of borrowing them for other purposes.

In the family room, living room or recreation room, make sure that:

- If anyone smokes in the home, large ashtrays that won't tip over are used. Remember that a dropped cigarette can smolder for hours in an upholstered chair before bursting into flame.

- Matches and lighters are out of the reach of children. Teach children that matches and light-

ers are tools for adults and that they are not toys.

- Coal or wood burning stoves are properly installed and maintained. Any alternative heaters should be properly used, and should be placed at least 3 feet from combustibles and away from doorways and other traffic paths.

- Electrical cords and plugs should be in good condition. If they are frayed or cracked, they present a fire hazard. Moreover, overloaded electrical outlets are a frequent cause of fires.

- Only one appliance is used per extension cord under. Also, extension cords should not be run under rugs or across doorways.

In the basement, utility or storage areas, people should make sure that:

- Trash is disposed of properly, including wood shavings and sawdust around the work bench. Heating equipment should be checked annually, and the area around the furnace, clothes dryer or water heater should be clear of combustibles.

- Fuse boxes should be equipped with the proper-sized fuses, and spares should always be kept handy. If a fuse blows or a circuit breaker

Please See HOME FIRE on Page 8

Fire Safety Tips for Winter Heating

By Patti David

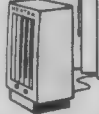
More than 600 people die in fires resulting from the misuse of alternate heaters each year, according to the United States Fire Administration. These fires, which are caused by the misuse of space heaters, woodstoves, fireplaces and other alternate heaters, are among the fastest growing causes of residential fire deaths.

The risk of fires caused by alternate heaters always increases during winter months," said Olin L. Greene, former administrator of the USFA. "By taking these extra precautions, people can enjoy a warm and safer winter."

To help reduce these tragedies, the USFA is offering safety tips for the proper use of alternate heating sources.

Combustible materials such as curtains, clothing and furniture should be kept at least 3 feet

away from portable space heaters. Objects should never be dried or stored on top of heaters.



Follow the manufacturer's instructions on the installation and maintenance of woodstoves. Use only seasoned wood or fuel, not green wood, artificial logs or trash in your woodstove. Clean pipes and chimneys annually and check them monthly for damage or obstructions.

Make sure that there is a large enough screen around fireplaces to catch flying sparks and rolling logs. Clean the chimney regularly to prevent creosote build-up from igniting a fire, and have it inspected annually for damage and obstructions. Cooled ashes should be stored in a tightly-sealed metal container, as cardboard boxes and paper bags

can quickly catch fire.

People who use kerosene heaters should check with their local fire department to make sure they are legal in the area. Buy and use only crystal fuel, K-1 kerosene, never gasoline or camp stove fuel, as both explode easily. Always use these heaters in well-ventilated rooms only, and allow them to cool before refueling. Always refuel outdoors.

People who use alternate heaters should make sure they have working smoke detectors on every level of their home, especially near the bedrooms. A working smoke detector can double one's chance of surviving a fire.

Develop and practice a family escape plan. Demonstrate exits from each room in the house, teach family members to keep low to the ground in a smoky room, and designate a safe meeting place outside the home.

Keep Your Holidays Fire Safe

By Patti David

Although holiday lights, trim, candles and a blazing fire in the fireplace may help us set the tone for the holidays, they also greatly increase the risk for home fires. Not only do they greatly increase the amount of electricity a home's wiring takes, they also present a number of other potentially dangerous situations. Following is a list of precautions compiled by the Los Angeles Fire Department that we should take in being fire safe during the holidays.



Never use electrical lights on a metallic tree. Damaged insulation could cause the entire tree to be charged with electricity.

Keep children away from light sets and electrical decorations, to avoid shock hazards.

Trees

Make sure that your artificial Christmas tree bears the UL label.

Do not rely on chemical coatings or sprays to make your live evergreen tree flame-resistant. Follow the following rules when shopping for a natural tree, bearing in mind that a fresh tree lasts longer and is less of a fire hazard than a dry tree:

Make sure the tree has a deep green color and the strong scent of pine.

The needles should not easily fall off a tree.

The trunk butt should be sticky with sap.

Position your Christmas tree away from fireplaces, heaters and other heat sources. Keep it out of heavily trafficked areas and make sure it does not block any doorways.

Cut about 2 inches off the trunk and mount the tree in a sturdy, water-holding stand. Be sure the tree and stand are stable. Keep the stand filled with water, as a dry tree is a fire hazard.

The Fireplace

Before starting any fire, be sure to remove all paper decorations and boughs from the immediate area. Make sure the flue is open before starting any fires.

Use a screen to enclose the front of your fireplace to confine live embers and sparks.

If you use "fire salts" or other chemicals to produce colored flames, be very careful—they contain heavy metals that can cause severe intestinal irritation or vomiting, if eaten. Keep these and all other chemicals away from children.

Make sure that your fireplace is professionally cleaned once a year

to prevent the build-up of creosote or other flammable substances.

Never burn or discard old evergreen trim in your fireplace. It is highly flammable and could send sparks flying about a room.

Trim

Do not smoke near flammable decorations or Christmas trees.

When choosing decor for the tree, use non-leaded tinsel or icicles. Leaded materials can be hazardous to children or pets, if ingested.

Avoid decorations that tear easily or have sharp edges.

Keep small decorations away from children, as these can be swallowed and block air passages.

Do not use decorations that look like food or candy, or a child may try to eat them.

Paper

After opening presents, dispose of the wrapping immediately. Place this trash in a metal container.

Do not burn wrappings in the fireplace, as they may ignite suddenly and cause a flash fire or a chimney fire.

Finally...

Plan ahead: Keep emergency service phone numbers posted on or near your telephone.

Keep a multi-purpose fire extinguisher in your home, and make sure you know how to use it.

Make an emergency plan to use if fire breaks out in your home. Each family member should know at least two escape routes.

Avoid wearing loose, flowing cloths, especially long, open sleeves, near the open flames of a fire place, stove or candle-lit table.

Plan for safety. There is no substitute for common sense. Look for and eliminate potential trouble spots near candles, fireplaces, trees and electrical connections.

At least one member of the family should be familiar with basic first aid procedures.

Prevent Outdoor Fires

By Patti David

During the hot summer months and the first months of fall, most parts of the country are at higher risk for outdoor fires. Areas which typically suffer from droughts and dry spells are at higher risk, due to water restriction measures in those areas.

Fire codes differ from city to city. However, the following measures will discourage outdoor fires. The accumulation of potential fuels such as wastepaper, hay, grass, straw, weeds, litter or combustible or flammable waste materials or waste petroleum products on roofs, in vacant lots or close to property will encourage outdoor fires. All weeds, grass,

vines or other growth which may increase fire risk should be cut down and removed by the owner or occupant of the property.

Following are tips on discouraging outdoor fires:

Remove combustible vegetation near wood fences and within 10 feet of roadways.

Remove dry grass, brush, downed tree limbs and other combustible vegetation from property.

Use caution with outdoor cooking fires such as barbecues. Make sure there is a water source nearby. Dispose of coals and ashes in a metal container and never leave outdoor cooking fires unattended.

Store wood and other flammable mate-

rials away from the house.

Remove branches, evergreen needles and debris from roofs and gutters.

Cut all dry grass and weeds to 3 inches in height and dispose of cuttings in a legal manner.

Attach hoses with shut-off nozzles to outdoor faucets. Make sure the hoses will reach around the structure. Place shovels and rakes nearby in case of an emergency.

Make sure lawn mowers, motor bikes and similar devices have mufflers and spark arresters.

Tree branches should not be closer than 10 feet from chimneys. Branches should be trimmed to a height of 5 feet off the

ARSON Continued from Page 7

they're feeling, get attention, relieve major stress, to express their anger," the therapist said. "It's the only way they know they're in complete control. After a while, it may not be enough."

Although abuse may be an underlying cause of firesetting, it is far from the only cause. Any major change in the family life may trigger this kind of behavior—be it a divorce, relocation, a single mother getting a new boyfriend, a new child in the family—the reasons are

many and varied. These can all cause a child to lash out. And it happens across the board, regardless of socio-economic status.

"It's very common in single-parent families and it's also common in family where you have parents who are very driven—what would normally be considered a very functional family," said Fire Chief Gerald Nayliss of the Bergenfield Fire Department. "It's not just the lower end of the socioeconomic scale, it's not any end of the scale."

Education at an early stage is important in preventing firesetting behavior. Although it is normal for children to be curious about fire, it remains a dangerous condition that children will not merely outgrow.

For more information on juvenile firesetters, to report an incident, to enter the program, call the hotline or call the Family Service Bureau at 624-0913. This call could save your child's life, your life and all your property.

HOME FIRE Continued from Page 7

trips, try to find the cause. Make sure that the new fuse is the right size and amperage. Fuses protect people against electrical fires—misusing them may overload a circuit and cause a fire hazard.

The kitchen is a common place for fires in the home. The following tips should make it safer:

Make sure that all

kitchen appliances are in proper working order. If they're not, do not use them until they are professionally repaired.

Overloaded outlets are a serious fire hazard.

Keep the stove clean, as a greasy stove is a greater fire hazard than a clean one.

When cooking, wearing tight-fitting sleeves instead of loose sleeves

will substantially reduce the risk of clothing catching on fire.

Never leave cooking unattended.

Bedrooms are not exempt from fire risk as well. Remember that smoking in bed is a deadly home fire hazard. Make sure matches and lighters are not within the reach of children. Overloaded outlets and misused extension

STAFFORD CITY NEWS PUBLISHING COMPANY

HEARTBEAT

YOUR GUIDE TO HEALTH

Smile

It's National
Dental Hygiene
Month

How Healthy Are You?

The story of your health may surprise you

Violence can be hazardous
to your child's health

Bulk Rate
U.S. Postage
PAID
Plainfield, NJ 07060
Permit #119

Health Calendar

TRENTON—The New Jersey Library for the Blind and Handicapped has catalogs for the visually and physically impaired. For more info, call 1-800-792-8322.

EVERY TUESDAY

NEWARK—Newark Beth Israel Medical Center offers a support group for persons a who are HIV positive. The group meets from 1 p.m. to 2 p.m. in the medical center's Professional Building, 408 Osborne Terrace. For more info call 201 926-7846.

IRVINGTON—Free WIC & Lead Testing, 9:15 a.m.-10:15 a.m. at the Irvington Health Dept. For pregnant and nursing women from birth to 5 yrs. old, lead poisoning and anemic children. Blood Tests are free, walk-ins are welcomed.

EVERY TUESDAY AND THURSDAY

IRVINGTON—Free Baby Clinic; Afternoon's. Held at the Irvington General Hospital for newborns to 5 yrs. old. YOU MUST CALL FOR AN APPOINTMENT. 399-6652

MONDAY THROUGH SATURDAY

NEWARK—Free confidential AIDS counseling and testing, Mon.-Fri. 9-6 p.m. Sat. 9-4 p.m. Newark Community Health Centers. Call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384.

CRANFORD—The Domestic Violence Center' Choices, a support group for battered women, meets one evening a week and has been in existence since 1984. There are also support groups for men, Alternatives, and children, Coping. For more info, call 908-272-0304.

MONDAYS, WEDNESDAYS & THURSDAYS

NEWARK—United Hospitals Medical Center will have adult evening clinics from 4:00 p.m. to 7:00 p.m. For more info, call 201 268-8110.

MONDAY THRU FRIDAY

NEWARK—Pediatric evening clinics are held at United Hospitals Medical from 4 to 7 p.m. for more info call 201-268-8113. For children's eye emergencies call 1-800-KIDS-EYE.

WEDNESDAYS

NEWARK—United Hospitals Medical Center is hosting a weekly Autism Parenting Support group at 10 a.m. for more info call 201-268-8694.

THURSDAYS

IRVINGTON—Irvington General Hospital offers free STD treatment. If you think you or your partner may be infected call 201-399-6124 for an immediately appointment.

NOW THRU DECEMBER

JERSEY CITY—Jersey City State College will offer fall courses for individuals seeking certification as alcoholism and/or drug abuse counselors in the state of New Jersey at 2039 Kennedy Blvd. Fridays and Saturdays For more info, call 201 200-3089.

THURSDAY OCTOBER 13

BELLE MEADE—Trichotillomania: assessment and treatment will be presented in the Atkinson Amphitheater at the Carrier Foundation from noon to 1 p.m. For more info call 908 281-1607.

SATURDAY OCTOBER 15

RAHWAY—The Union County Minority Task Force on Aging will host a Family Health and Information Seminar at the Rahway Community Action Center, 796 Hazlewood Ave., from 10 a.m. to 2 p.m. For more info call 908 527-4745.

NEWARK—Newark Beth Israel Medical Center and the N.J. Dept. of Human Services Commission for the Blind and Visually Impaired will sponsor a free eye exam from 8 a.m. to 1 p.m. in the medical centers new Outpatient Dept. Building at 166 Lyons Ave. For more info call 201 926-7160.

SUNDAY OCTOBER 16

EAST ORANGE—The Mental Health Association of Essex County will sponsor a 6 1/2 mile Walk-A-Thon beginning and ending at the Mental Health Association headquarters. Registration will begin at 1:30 p.m., the walk will begin at 2:00 p.m. For more info, call 201 677-1540.

PLAINFIELD—Muhlenberg Regional Medical Center is holding a family health fair. See page 9 for additional information and number to call.

TUESDAY OCTOBER 18

CRANFORD—The Mental Health Players of Union County is holding open training from 7 p.m. to 9 p.m. For more info call 908-272-0300.

WEDNESDAY OCTOBER 19

PLAINFIELD—The Family Support Group of Union County will hold their monthly meeting at the Arc Administration Building, 1225 South Ave. from 10:30 a.m. to noon. For more info call 908 754-2770.

THURSDAY OCTOBER 20

MAHWAH—Ramapo College will host its sixth annual Certified Alcohol Counseling/Certified Alcohol and Drugs Counselor Conference, which will begin with a continental breakfast at 8:00 a.m. in the alumni lounge. For more info contact Adele Thomas at 201-529-7522.

SATURDAY OCTOBER 22

ELMWOOD PARK—The Metro/Essex County Branch Group of the Lupus Foundation of New Jersey will hold its monthly meeting at United Hospitals at 11 a.m. For more info call 201-791-7868.

MONDAY OCTOBER 24

IRVINGTON—There will be an Influenza Immunization Program sponsored by the Irvington Department of Health & Welfare at 81 Union Ave., community room, from 9 a.m. to 11 a.m.

THURSDAY, OCTOBER 25

NEWARK—United Hospitals Medical Center is holding a Diabetes support group at 5 p.m. for additional information call 201-268-8131.

FRIDAY, OCTOBER 26

NEWARK—United Hospitals Medical Center is hosting a cancer support group at 1 p.m. for more info call 201-268-8130

FRIDAY OCTOBER 28

ELIZABETH—An all-day health seminar, Sudden Traumatic Death Conference, will take place at the Holiday Inn at the Jetport from 8:30 a.m. to 4:30 p.m. For more info call 1-800-THE-BETH between 9 a.m. and 4 p.m.

SATURDAY, OCTOBER 29

Thirteen/WNET is hosting a Women's Health Day programming all day. Tune in to find out how women deal and society deal with the health problems which women face.

OCTOBER 1-31

NATIONAL LIVER AWARENESS MONTH

—Approx. 27,000 people die each year from liver diseases. The National Liver Foundation is dedicated to fighting liver disease through research, education and public awareness. For more info call 800-223-0179.

NATIONAL PHYSICAL THERAPY MONTH

—Across the nation people in this field will host educational and fun activities to celebrate the profession and to educate the public about the benefits of physical therapy. For more info call Alexis Waters at 703-706-3218.

CONTENTS

Features

How healthy are You?	3
Breast exams can save your life	9
Proper dental hygiene	5, 6, 7, 8

Departments

HB Nutrition

A New way to eat your vegetables	10
----------------------------------	----

HB kids

Protecting your child from ear infection	4
Violence can be hazardous to your child's health	4
United Hospitals dedicates pediatric center	4

HB Discovery

Women's Health Day	11
--------------------	----

HB Health

Muhlenberg hosts family health fair	9
UMDNJ, UCC join forces in health career programs	8
Health Briefs	3
PULSE	
A tribute to medicine	11
Muhlenberg School of Nursing celebrates 100 yrs.	11
Take a 'Creative Escapes' weekend	11
Blaylock graduates minority intern program	11

Publisher:

Henry Johnson, Ph.D.

Managing Editor:

Jan M. Edgenton Johnson

Assistant Editor & Layout Design

Sandra Wright

Director of Advertising Sales:

Lorraine Davis Hickman

City News HeartBeat is published monthly by City News Publishing Company, PO Box 1774, 144 North Avenue, Plainfield, NJ 07060. The publisher reserves the right to delete objectionable words or phrases and to reject any advertising. This publication, in whole or parts thereof, may not be reproduced in any form whatsoever without the expressed written permission of the Publisher. City News assumes no responsibility for unsolicited manuscripts, art or photographs. No material submitted can be returned without a stamped, self-addressed envelope.

Copyright 1994 City News Publishing Company. All rights reserved.

Telephone (908) 754-3400

FAX (908) 753-1036

HEALTH BRIEFS

Scientists studying girls' calcium absorption

Children are drinking a third less milk than in the past, and many are not meeting the recommended daily allowances for calcium. Milk is the primary source of calcium, but a lot of people, especially growing girls, avoid it because it is high in fat. A study is currently being conducted on how well girls absorb calcium available from green beans in hopes that vegetables may take up some of the slack. Little is known about children's ability to absorb calcium from vegetables. Scientists eventually hope to evaluate many vegetables for easily absorbed calcium.

Soybean protein said to lower cholesterol

It has been reported that Soybean protein lowers blood cholesterol levels, but researchers do not yet know why. A two-year study at the USDA's Children's Nutrition Research Center at Baylor College of Medicine in Houston will examine the effects of soybean protein on the body's use of cholesterol. Researcher Dr. William Wong believes soybean protein may inhibit the production of cholesterol in the liver, block its absorption in the gastrointestinal tract and/or increase the amount eliminated in stools.

Hormone therapy may reduce heart disease

Hormone replacement therapy may hold hope for older women with heart disease. Researchers in the DeBakey Heart Center and the Department of Obstetrics and Gynecology at Houston's Baylor College of Medicine are studying whether hormones will improve health and prevent premature death for postmenopausal with heart disease. The Heart and Estrogen/progestin Replacement Study (HERS) is the first to investigate the effect of combined hormones on the cardiovascular system of women with known heart disease. According to Dr. J. Alan Herd, who is working on the study, "we know healthy, postmenopausal women have less heart disease when they take hormones; this study gives us an opportunity to see if women with existing disease can be helped as well," Herd said.

It's time for flu shots

In most areas, the 1994-95 influenza vaccine is now available, and it is recommended for people in the groups most at risk of developing life-threatening complications from flu. Chief among the high-risk people are the elderly. Others at high risk for problems such as pneumonia are people with immune-system disorders and heart and lung disease, including asthma and chronic bronchitis, and people with diabetes, chronic kidney disease and chronic anemia, including sickle cell disease. Influenza generally does not strike in force until December, but, Glezen said, getting the shots now will help protect people in the high-risk groups in the event of an early flu outbreak.

How healthy are you?

by Kaylyn Dines

Today you worked overtime, you just picked up the children from daycare, they are begging for dinner and your stomach is growling. Crossing town on the way home you pass several inexpensive-quick fix-restaurants and you decide to grab burgers for dinner. Wait, before you and the family plunge into those juicy bacon double cheeseburgers with all the fixins' and fries, give this some thought.

The University of Medicine and Dentistry of New Jersey (UMDNJ) recently announced the results of the UMDNJ-Eagleton Institute Poll on health and nutrition. Ironically, the survey revealed many of the 801 New Jerseyans randomly surveyed, (particularly minorities, men, and the elderly) admit to being overweight despite thinking they are healthy eaters.

Dr. H. Timothy Dombrowski, the director of UMDNJ, University Wellness Center in the School of Osteopathic Medicine, offers an answer to the question why are people overweight if they claim to be healthy eaters?

"I think people are eating the right foods, but they are not being careful about the portions they are eating," he said.

The poll indicated residents generally gave themselves passing grades when asked on a scale of A to F, 'how do you grade your self on healthful eating habits?' 19 percent of the residents surveyed gave themselves an "A"; 43 percent a "B"; 28 percent a "C"; 5 percent a "D"; 4 percent gave themselves a "F"; and 1 percent did not know.

In addition, the poll found that 67 percent of the women were more likely to give themselves a grade of "A" or "B" as compared with 55 percent of the men.

"Historically, women have been more knowledgeable about nutrition than men," said Dr. Herman Baker, professor of Preventive Medicine and Community Health at UMDNJ.

According to the poll, residents with more than a high school degree and those who are 65 years or older were also likely to give themselves an "A" or a "B" when rating his or her eating habits.

Although the residents polled gave themselves high marks, during the news conference Panelist Dr. Anita S. Curran, Associate Dean for Community Health at UMDNJ-Robert Wood Johnson Medical School, said she was skeptical of the responses given.

"If somebody asked me what I ate on a regular basis I have a feeling I would tend to

cheat a little bit and say that I ate a little better than I really did," she added.

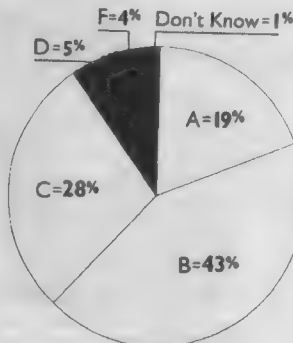
According to Janice Ballou, the director of the center for Public Interest Polling at the Eagleton Institute of Politics, the racial breakdown of the 801 residents randomly surveyed were as follows: 76 percent white; 12 percent black; 7 percent Hispanic; 2 percent Asian; 3 percent not determined.

Sixty-three percent of the respondents said "yes" they have noticed a change on labels that list nutritional information, while 34 percent have noticed no change, and 2 percent remained neutral.

Residents with more than a high school degree and those over the age of 65 were more likely to notice the new labels. Dr. Julie O'Sullivan Maillet, associate dean for academic affairs and research at the UMDNJ-School of Health Related Professions in Newark, said "approximately 85 percent of those who are over 65 years old have diseases that are associated with nutritional deficiencies."

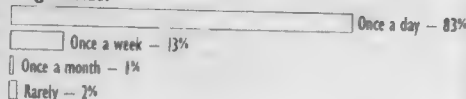
"Good nutrition is an essential ingredient for a healthy population, as well as; a key tool in achieving cost-effective preventive care for our citizens," said UMDNJ President Dr. Stanley S. Bergen, Jr.

How do you grade yourself on healthful eating habits on a scale from A to F?

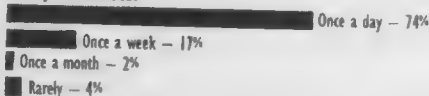


How often do you eat:

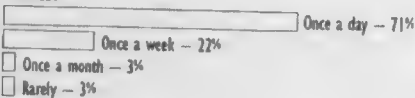
Vegetables?



Dairy Products?



Fruits?



Health and Family Directory

"Taking The Red Tape Out Of Adopting"



Thursday, Sept. 15 7:00 P.M.
presented by

SPENCE & CHAPIN
REAL ESTATE AND FINANCIAL SERVICES

Montclair Public Library
50 So. Fullerton Ave. Montclair N.J.
For more information call 212-369-0300

**YOU NEED IT...
YOU DESERVE IT...**
And now you can get it
for \$15 off on a stress reducing
SWEDISH MASSAGE
Call 908-322-9676/908-31 7-0729 pager
Rick Williams
Certified AMTA Massage Therapist.
Coord. NJ AMTA Sports Massage Team
1993 Meritorious AMTA Award Winner

**Learn How To Manage Your
Weight. Look Better and feel great.**
Diets don't work but
WEIGHT MANAGEMENT
does. For book & video send \$11.95 (plus
\$2.50 S&H) to: RO. Box 190 - Dept C.
Berkeley Hts, NJ

UMD
NEW JERSEY

"A Multicultural Approach To
Comprehensive Care"

**NEW JERSEY FAMILY
PRACTICE CENTER**

Infants • Children • Adults • Elderly

Linda Boyd, D.O. Caryl Heaton, D.O.
Mark S. Johnson, M.D. Charles Mouton, M.D.
Cynthia Paige, M.D. Carlos Quezada, M.D.

Doctors Office Center
90 Bergen Street, Suite 4400
Newark, NJ 07103

201-982-2111
Hours By Appointment • Parking Available

THE KIDS

Protecting your child from ear infection

It is the peak season for one of the most common childhood illnesses, middle ear infection, and many parents don't even know it.

"Middle ear infections, or otitis media, can occur at any time of the year, but fall and winter are especially bad," said Dr. Newton O. Duncan, an assistant professor of otorhinolaryngology and pediatrics at Baylor College of Medicine in Houston. "Often, parents don't recognize the early signs of middle ear infections, much less that their children may be more susceptible this time of year."

Middle ear infections strike more than 80 percent of children by age 3. Duncan said it cannot be avoided especially since children are often in daycare situations, but it can be treated. The "high-risk" ages are 6 months to 3 years.

Duncan suggests parents watch for early

indicators of this painful and potentially dangerous infection.

"At the first sign of fever, fussiness, tugging or rubbing of the ears, upper respiratory infection, nausea or vomiting, or any combination of these, parents should suspect middle ear infection. It certainly warrants an examination within 24 hours of the onset of symptoms."

Middle ear infections occur when bacteria invades the middle ear causing inflammation. This results in a painful buildup of infected fluid behind the ear drum due to obstruction of the Eustachian tube that leads from the sinuses to the middle ear.

Untreated middle ear infections can result in serious complications such as a ruptured ear drum, meningitis, brain abscess, or even hearing loss. Early treatment may prevent such serious complications.

"Antibiotics are the main therapy," Duncan said. Persistent cases may require special antibiotics or surgical drainage."

In more serious cases, ear tubes may be surgically inserted to help relieve fluid buildup and frequently occurring infections. There are vaccine studies underway, but nothing has proven effective yet, Duncan said.

How can middle ear infections be avoided? Duncan suggests:

Avoid exposing children to colds, flu or other viruses, although this is often not easy or realistic.

Make sure your child receives the full course of antibiotics. It's important that your child be checked for complete ear healing within four weeks or sooner if any symptoms persist.

Antihistamines and decongestants are not useful for ear infections, but help in relieving cold and virus symptoms.

If infections recur, inquire about eartubes. "Middle ear infections are extremely common," said Duncan. "So don't let it catch you by surprise. Know the symptoms and seek treatment."

Violence can be hazardous to your child's health

by James L. Phillips M.D.



You can't safeguard your children from violence 24 hours a day but you can take steps to lessen their exposure. That's important news since thousands of children die violently

each year.

Some children may actually suffer from post-traumatic stress disorder (PTSD), an anxiety disorder resulting from a stressful or traumatic event. Also called "shell shock" by combat veterans, PTSD affects children who are victims of violent events such as witnessing murder, rape, natural disasters and serious physical injury.

Such traumatic experiences at an early age can even effect brain development, according to Dr. Bruce D. Perry, a psychiatrist at Baylor College of Medicine in Houston, who treats traumatized children.

There are steps you can take to lessen your child's exposure to violence.

Start with the television set. Some experts say so much violence is portrayed in movies, cartoons and on the evening news that children can become "immune."

For a change, turn off the TV and have a "family hour." Play a board game, listen to one of your child's favorite music groups, or let him invite a couple of friends over for dinner. You can even have a family cooking hour and make your child's favorite dish. If he is young, read him a story or let him water color. Be creative.

How can you tell if your child has been exposed to violence?

Consider your child's environment. Is your neighborhood a site for violent crime? Is the child's school a regular "war zone?" Be

honest.

Next, watch for signs of trauma:

- Difficulty sleeping and nightmares.
- Loss of appetite.
- Emotional withdrawal and refusal to socialize with others.
- "Flashbacks" of violence.
- Acting-out violent acts.
- Irritability, depression and constant fear.
- As a parent, you can ease your child's anxiety.

The first step is to encourage the child to talk about the traumatic event. Let your child bring up the subject first. Children with PTSD are very sensitive. If they sense that you are upset about the event, they will not bring it up.

Answer any questions your child may have, but do not overreact. Give them the facts while considering their age. A child's fears and fantasies can be more frightening than the truth.

The more supportive and nurturing you are, the more your child can look to you for comfort.

You may need to talk to psychiatrist or psychologist if the problem is serious. Some large cities offer trauma counselors at no cost to help children who have witnessed violence.

If your child's school has episodes of violence, talk with his/her teacher. Join the parent-teacher organization. Make the child's safe schooling your business.

Many communities across the nation are trying to put a stop to the violence by teaching children how to settle their differences non-violently, teachers and community groups are grappling with the issue through peer mediation, mentoring, and conflict resolution classes.

Children with PTSD deserve constant attention. You can play a major role in their mental health. Be generous with the hugs. They need them.

Don't let the aftermath of violence leave your child in a permanent state of alarm. Do something about it.

United Hospitals dedicates pediatric clinic in Newark



Lindy Lee Chibishino, MD, a pediatrician from United Hospitals Medical Center, examines a patient as the executive director of the Alberta Bay Center, Audrey West, looks

On Monday, October 3, the Newark Pre-school Council in conjunction with United Hospitals Medical Center and the Visiting Nurses of Essex Valley, dedicated a new pediatric clinic, the Alberta Bay Health Center. The Center, located at 300 Chancellor Avenue, will provide pediatric services for children in the Head Start program and their families.

The Alberta Bay Center will operate Tuesdays, Wednesdays and Thursdays, by appointment only, from 8:30 a.m. to 12:30 p.m.

Lindy Lee Chibishino, MD, a United Hospitals' pediatrician, will be available on site to provide a variety of comprehensive, preventive medical services for children in the Head Start program and their siblings including physical examinations, blood pressure, growth assessments, vision, hearing and speech developmental services. Blood, lead, sickle cell and tuberculosis testing and immunizations will also be offered. Social services will be available to parents as well.

"Our goal at the Center is to help

improve and maintain the health of children and their families, and I'm proud to be a part of it," said Chibishino.

"United Hospitals and Children's Hospital of New Jersey have started to build a network of primary care physicians and pediatricians that will be located in health centers throughout Newark. The Alberta Bay Center will make certain that these children have access to medical care that will serve as a catalyst for developing a healthy adult life," said Kendall Sprott, MD, associate medical director for Children's Hospital of New Jersey and a consulting pediatrician to the Head Start program.

A full range of services will be available for family members when needed such as nutrition assessment, x-rays, individual and group counseling and enrollment in alcohol and substance programs and prenatal care programs. Referrals will be made to other social service agencies when necessary.

For more information about the program call the Center at 201-282-0558.

A guide to good dental hygiene

Proper dental care begins at home

The truth about teeth

Teeth vary in shape, size and location within the jaws. These differences allow teeth to perform three basic functions. First, teeth help to give the face its shape and form. Second, they help us to pronounce different sounds clearly, and finally teeth help us to chew and digest food. Because they play so many important roles, it makes sense to give your teeth the best care.

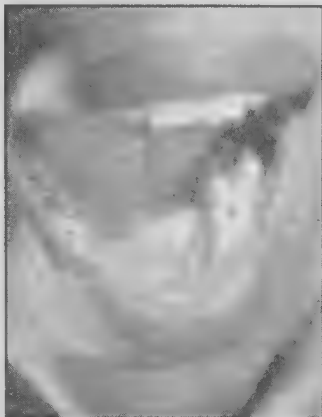
Just the facts

Good oral health is easy to maintain. A simple routine of brushing and cleaning between the teeth, good eating habits and regular dental check-ups can help prevent most dental problems.

Although most Americans brush regularly, many do not clean between the teeth. Some people neglect their dental check-ups. A few small changes in the daily routine can make a big difference in the long run.

The problem is plaque

Daily brushing and cleaning between teeth are important to your dental health because they remove plaque. Plaque is a thin, colorless, sticky film that constantly forms on your teeth. When you eat foods containing sugars and starches, the bacteria in plaque produce acids which attack tooth enamel. The stickiness of the plaque keeps these acids in contact with the



teeth. After many such attacks, the enamel breaks down and a cavity forms.

If plaque is not removed with daily brushing, it eventually hardens into calculus (tartar). As calculus forms on the gumline, gums can become irritated and inflamed, they become swollen and may bleed. The gums begin to pull away from the teeth and form pockets that usually become infected. If gum disease is not treated promptly, the bone supporting the teeth is destroyed and healthy teeth may be lost.

It may surprise you to know that 50 percent of adults over age 18 and 75 percent of adults over age 35 have some form of gum disease. It's never too early to start fighting back. Your dental team can remove calculus from your teeth and treat gum disease that has already appeared. But daily dental care is in your hands.

Brushing up on the basics

Brushing removes plaque and food particles from the inner, outer and biting surfaces of your teeth. Several different methods are acceptable.

One effective method for removing plaque is:

- Place the brush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (half-a-tooth-wide) strokes.
- Brush the inner tooth surfaces.
- Brush chewing surfaces.
- Use the "toe" of the brush for the inner front tooth surface.
- Brush your tongue too.
- Be sure to brush thoroughly with an ADA-accepted fluoride toothpaste at least twice a day. More often if your dentist recommends it. If you notice any related discomfort after brushing, consult your dentist.

Cleaning between the teeth

One way to clean between teeth is with dental floss. Flossing removes plaque and food

particles from between the teeth and under the gumline, areas a toothbrush can't reach. Your dentist or hygienist can instruct you on proper flossing techniques.

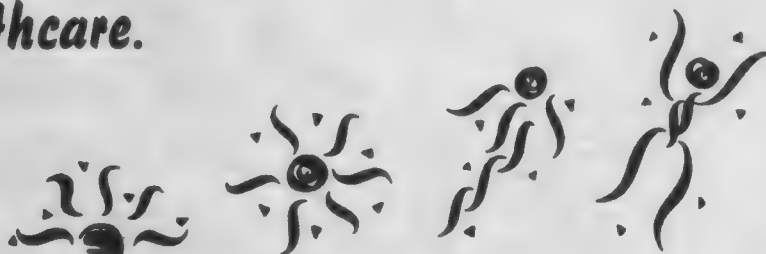
The following suggestions may help:

- Break off about 18 inches of floss, and wind most of it around one of your middle fingers.
- Wind the remaining floss around the same finger of the other hand. This finger will take up the floss as it is used.
- Hold the floss tightly between your thumbs and forefingers. With about an inch of floss between them, leaving no slack.
- Use a gently "saw motion" to guide the floss between your teeth. Do not jerk or snap the floss into the gums.
- When the floss reaches the gumline, curve it into a C-shape against one tooth. Gently slide it into the space between the tooth until you feel resistance.
- Hold the floss against the tooth. Gently scrape the side of the tooth; moving the floss away from the gumline.
- Don't forget the back side of your last tooth.
- When flossing, establish a regular pattern.
- Do the top half on one side, then the other. Move to the bottom half on one side, then the other. This way you're less likely to miss any teeth.

You may experience sore bleeding gums for the first five or six days that you floss. This

(Continued on page 7)

We're Reshaping healthcare.



In celebration of Family Health Month, United is offering free Health Assessments at our 194 Clinton Avenue and 233 West Market Street Health Centers throughout the month of October. With several community based family physicians, we offer a full-range of coordinated, comprehensive and family-oriented care. To take advantage of our free health assessment offer, just clip this ad and present it at either of the primary care facilities listed above.

UNITED HOSPITALS MEDICAL CENTER

CHILDREN'S HOSPITAL OF NEW JERSEY

Pulling Together, Pulling Ahead.

For more information, call (201) 268-8022

Tips on selecting the right toothbrush

Your dentist or hygienist can recommend a good toothbrush. For general use, select a brush with soft, end-rounded or polished bristles. The size and shape of your toothbrush should allow you to reach every tooth. Children need to use smaller brushes than adults.

Wornout toothbrushes cannot properly clean your teeth and may injure your gums. It is important to replace your toothbrush every three or four months or sooner if the bristles become worn.

Choosing the proper dental care products

Good oral hygiene requires the use of appropriate dental care products. Ask your dentist or hygienist for opinions and recommendations, always look for products with the American Dental Association's Seal of acceptance. Before the seal is awarded, a product must undergo strict testing for safety and effectiveness. Claims made on the labels of products with the ADA seal must be accurate in what they say and what they imply.

When choosing a toothpaste or gel, look for a product containing fluoride. Fluoride helps reduce tooth decay in adults and children. If you have sensitive teeth, your dentist may recommend a special toothpaste.

Electric toothbrushes can be as effective as manual brushes. Persons with physical difficulties may find an electric toothbrush eas-

ier to use. Children may be more inclined to brush regularly because of the novelty of using an electric toothbrush. Oral irrigating devices use a stream of water to remove food particles from around the teeth. These devices can be helpful for persons wearing orthodontic bands or fixed partial dentures. Oral irrigators are meant to enhance, not replace, regular brushing and flossing.

A fluoride mouth rinse can help prevent tooth decay; your dentist may recommend an antimicrobial mouth rinse to help control plaque and reduce gingivitis.

Mouthwashes are primarily used to freshen breath. If you must constantly use a breath freshener to hide unpleasant mouth odor, see your dentist. Bad breath can be a sign of poor health.

Good oral health begins with you. By following this simple routine you can maintain good oral health:

- Brush thoroughly with a fluoride toothpaste at least twice daily. Even better, brush after every meal.

- Clean between your teeth each day.
- Eat well-balanced diet. Limit between-meal snacks to nutritious foods.

Schedule regular dental checkups. Regular professional teeth cleaning is an important part of maintaining a healthy smile.

Good nutrition, regular check-ups are important for healthy teeth

A mother brought her four-year-old son to the United Hospitals' Community Health Center recently for what she thought would be a routine dental check-up. When the child left the clinic, Leon Robinson, DMD, had removed all of his upper front teeth and had performed eight root canals.

Robinson said the boy was suffering from bottle milk syndrome, a condition where the sugar present in milk eats away at tooth enamel. It is caused by allowing children to sleep with a bottle of milk. This condition can be easily avoided if mothers were more conscious about the importance of good nutrition and regular dental visits.

Both Robinson, a oral surgeon, and Dawn Christian, DDS, agree that, although the majority of cases they treat at the center are acute, these problems could be prevented if people were aware that eating properly and cleaning one's teeth regularly is necessary to maintain healthy teeth and gums.

"In the case of the four-year-old boy," says Robinson, "Prevention was necessary. A child's primary teeth are very important because they help the permanent teeth grow in properly. Because all of this patient's upper teeth had to be removed, there is a chance that his adult teeth may shift as they begin to grow in."

In addition to children, adults must also be careful about their diets, particularly those who have other health problems like diabetes.

"Diabetics are very susceptible to periodontal disease, inflammation of the gums and bones. When blood sugar rises, it suppresses the immune system and keeps any minor mouth infections from healing properly," says Christian.

In order to avoid procedures like root canals, extractions or other reconstructive surgery, both Robinson and Christian recommend the following:

Brush Teeth Properly

"Everyone should brush their teeth for at least 5 minutes twice a day, in addition to flossing," says Christian. Use a tartar control, fluoride toothpaste. "Regularly removing plaque and flossing is extremely important," says Christian. "Flossing removes food from between your teeth, places where your toothbrush can't reach."

Watch your Diet

Instead of eating potato chips and candy, parents should learn to give their children carrot sticks, celery sticks, raisins and other fruits and vegetables.

Routine Dental Check-ups

Teeth should be cleaned and checked routinely every six months.

Pediatric Dental Care

As an infant's first teeth come in, parents should routinely clean them by wiping from with a damp cloth.

The dental program at United Hospitals is a full service offering oral surgery, cosmetic surgery including crowns bridges and implants, and general cleaning. The program treats over 3,500 patients each year. Office hours are Monday through Friday from 9 a.m. to 5 p.m. For appointments, call the clinic at 201-268-2300.



Cosmetic dentistry: one way to a fresher smile



As "Baby Boomers" continue their quest for a youthful and attractive appearance, the health and appearance of their smiles will need more comprehensive attention.

Today Dentistry is providing consumers with opportunities that did not even exist ten years ago. Teeth whitening systems and porcelain veneers have been the growing trend over the past few years, and dental health care advertisers are putting more and more emphasis on models with dazzling smiles.

The "Baby Boomers," in addition to

their desire for healthier smiles have another thing in common: a majority of them were prescribed tetracycline as children, and the medication turned their permanent teeth dark. So whether the teeth are darkened due to medication or by aging, recent advancements in teeth whitening systems (either at home or in the dental office) can help give brighter, whiter smiles. The before/after results can be subtle (one shade lighter) or can be smile changing. Either way, the patient feels in-

(Continued on page 8)

Dental decisions: making the right choice

Regular dental visits are essential for maintaining a healthy mouth. It makes good sense to select a dentist before an emergency arises—you'll feel more comfortable asking questions and discussing treatment with someone who provided your family with regular

dental care.

Here are some ways to locate a qualified dentist:

- Ask family, friends, neighbors or co-workers for a recommendation.
- Ask your family physician or local pharmacist.

cist.

- Call or write the local dental society, which may provide you with several referrals. The local dental society is usually listed in the telephone directory under "dentist" or "associations."
- Call a local hospital that has accredited dental service.
- Ask faculty members of local dental schools.
- Check the American Dental Association Directory, which can be found in many public libraries, including dental school libraries.

If you are moving, your current dentist might provide you with a recommendation.

You may wish to consider several dentists before making your decision. During your first visit, you should be able to determine if this is the right dentist for you. Consider the following:

- Is the appointment schedule convenient for

you?

- Is the office easy to get to from your home or job?
- Does the office appear to be clean, neat and orderly?
- Was your medical and dental history record placed in a permanent file?
- Does the dentist explain techniques that will help prevent dental health problems? Is dental health instruction provided?
- Are special arrangements made for handling emergencies outside of office hours? (Most dentists make arrangements with a colleague or emergency referral service).
- Is information provided about payment plans before treatment is scheduled?

You and your dentist are partners in maintaining your oral health. Take time to ask questions and take notes if that will help you remember your dentist's advice.

Getting referrals to dental specialists



teeth by designing and fitting dentures and bridgework.

Public health dentists develop and administer public or private education and prevention programs for entire communities or organizations.

Dentists in general practice typically provide all aspects of dental care. They can also provide referrals in cases where specialized treatment is required. The American Dental Association currently recognizes eight dental specialties:

Endodontists perform root canals and treat diseases of the gum and nerves inside the tooth.

Oral and maxillofacial surgeons treat injuries and defects of the mouth and jaw and often perform complete tooth extractions.

Oral pathologists examine, identify, and diagnose diseases of the mouth.

Orthodontists straighten teeth and correct the positions of jaws by using braces and/or other appliances that affect oral growth and development.

Pediatric dentists provide comprehensive dental care for children, adolescents and for special patients who have mental, physical, or emotional problems.

Periodontists treat diseases of the gums and underlying bone that holds teeth.

Prosthodontists replace missing

THE finest SURGICAL SERVICES and SAME DAY CONVENIENCE...

BROUGHT TO YOU BY
COLUMBUS HOSPITAL

You may already know that Columbus Hospital has many of the finest, most comprehensive surgical services

available anywhere. What you may not know, is that

many of our surgical procedures can

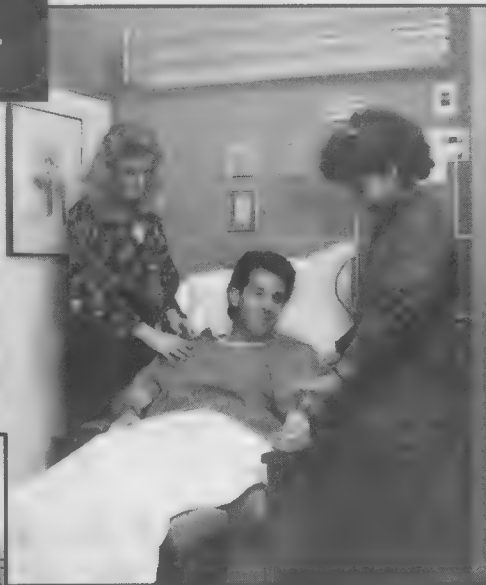
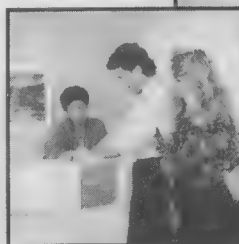
be performed in 24 hours or less.

That capability is due both to new

medical advances as well as our

ongoing investment in the very

latest technology and facilities.



"At Columbus Hospital, our bottom line is our patients — and we invest in them first."

— RALPH VELLON, RN, DIRECTOR OF SURGICAL SERVICES

Proper dental care

(Continued from page 5)

should stop once the plaque is broken up and the bacteria removed. If bleeding does not stop, call your dentist. Improper flossing may be harming your gums.

Persons who have trouble handling floss may wish to try a commercial floss holder or an interdental cleaning aid. Interdental cleaning aids include picks, sticks or interdental brushes used to remove plaque from between teeth. Your dentist can explain the proper use of these implements.

AT COLUMBUS, WE CAN HANDLE
VIRTUALLY ALL TYPES OF GENERAL
AND SPECIALTY SURGERIES, INCLUDING:

- ORTHOPEDIC
- OPTHALMOLOGIC
- PODIATRIC
- GYNECOLOGICAL
- UROLOGIC
- PEDIATRIC
- VASCULAR
- PLASTIC SURGERY
- NEUROLOGIC

SAME DAY SURGERY PATIENTS AT
COLUMBUS HOSPITAL CAN EXPECT:

- PRIVATE, COMFORTABLE ACCOMMODATIONS
- MAXIMUM CONVENIENCE
- FASTER RECOVERY TIMES
- A HIGH LEVEL OF PERSONAL CARE AND ATTENTION
- ...EVEN FREE TRANSPORTATION SERVICE TO AND FROM COLUMBUS

Columbus Hospital is a non-profit community health care center with state-of-the-art facilities for medical, surgical, orthopedic, obstetrical and pediatric patients.

**COLUMBUS
Hospital**

SERVING THE HEALTH CARE NEEDS OF NORTH ESSEX

495 North 13th Street
Newark/Bloomfield, NJ 07107-139
(201) 268-1400

Cosmetic dentistry

(Continued from page 7)

creased self-confidence and pride in his or her appearance.

If the patient's smile needs a "little more" work, veneers may be just what the doctor ordered. "This is the least invasive of all treatments and can help to 'balance out' the mouth," explains Dr. William J. Cohen, Board member of the Academy of Cosmetic Dentistry. "Unlike bonding or crowns and bridges, veneers do not require 'grinding down' of the teeth." The results from this type of cosmetic dentistry have been so overwhelming that each year more and more people are opting for this procedure.

While more and more children today are leaving dentists' offices with gleaming reports on their dental checkups—thanks to fluoride in both water and toothpaste and early prevention education—attention of general dentistry has shifted. According to Cohen, people are "moving away from general cavity prevention to what can be done to keep natural teeth looking healthier, whiter and keeping them in their mouths longer."

One of the greatest threats to natural teeth is periodontal disease. "The trend has shifted greatly from people just concerned with filling a cavity to enormous attention to keeping their gums healthy," added Dr. Cohen.

Scientists today are giving patients a gum disease score, much like physicians record cholesterol levels or blood counts. Tests such as the Periodontal Screening and Recording (PSR) system help the dentist measure the extent of existing gum disease in a matter of minutes. The PSR system works by inserting a probe into several areas of the mouth to see if pockets have developed in the gums. Depending on the depth of the pocket, a patient can score from zero for healthy teeth to four for inflamed, bleeding gums that need further treatment.

According to Dr. Cohen, "with this new system, dentists are better able to quantify the level of gum disease in the patient. This standardized test helps patients gauge the health of their gums and seek treatment early to avoid surgery or tooth loss." A recent study by the National Institute of Dental Research found

that among 21,000 adults, only 16 percent are free of all signs of gum disease.

Emergency cosmetic dentistry

With more people than ever involved in sports activities—from softball to boating, downhill skiing to windsailing—Americans last year knocked out over 5 million teeth in accidents and rough play. And, most of them were in the 18-45 age range.

When a tooth is knocked out, time is very important because after a period of less than 30 minutes, the chance that the tooth can be replanted drops sharply. Dr. Cohen can provide "smile-saving" steps that can be taken to help reduce the permanency of the damage caused by accidents.

High-tech comes to dental offices

Imagine video viewing your mouth as the dentist gives an examination. Today's dentists are becoming equipped with more and more high tech equipment that takes the fear out of the old dentist's drill. "Gone are the days of opening your mouth, saying 'ah' and waiting for the results," says Dr. Cohen. "Patients are now able to watch their checkup right on a video monitor while the dentist continues to work." The small, hand-held Intra-Oral Camera fits in the palm of the dentist's hand and magnifies the tooth from 10 to 25 times. The dentist is able to project the images on the monitor and provide an audio narration of the examination. Upon leaving, the patient gets the video to take home. In addition, still pictures can be printed right from the monitor to give a permanent recording of the problem areas.

And, if a patient is thinking about redesigning his or her smile, then the Video Imaging System can help him or her design between a "Hollywood Smile" or a "James Bond Smirk." Much like the system used in cosmetic surgeon's offices, the imaging system allows the dentist to show the patient how the teeth will look after the procedure is completed. It also helps to explain to the patient what procedures are necessary to achieve the look he or she desires.

Reducing your dental bills

It's natural to be concerned about the cost of dental care. Most dentists share this concern and want to provide you with the highest quality care they can for each dollar you spend.

Dental fees have risen at a slower pace than costs of other health care services. The Consumer Price Index indicates that over the past 20 years, the cost for dental services has risen about the same as costs for all other consumer items and services.

Establishing a good, preventative dental care routine is the most important step to reducing dental costs and avoiding dental problems.

Regular dental checkup should be an essential part of your prevention program. If you visit your dentist regularly, dental problems can be treated in the early stages.

If you see a dentist only in an emergency, when you already have a serious problem, chances are that the treatment will be much more costly. In the long run, it is to your benefit to schedule regular dental checkups and professional cleanings.

Fluoride helps to protect your teeth from decay by making them stronger. More than 1309 million Americans enjoy the benefits of fluoridated water, which can reduce dental decay by as much as 20 to 40 percent. Average annual cost for fluoridated water is about 20 to 50 cents per person in a community, depending upon the size of the community.

Fluoride is especially important to children because it combines with the tooth enamel as teeth are forming, making them stronger.

And fluoride is just as important to teens and adults. Recent studies show that fluoride can actually reverse the very early stages of tooth decay.

Besides drinking fluoridated water, you and your family can obtain fluoride protection in many ways. Fluoride toothpaste and mouth rinses can be used at home. During a dental visit, fluoride solutions or gels may be applied to your teeth.

Fluoride mouth rinses may also be used as part of a school mouthrinse program. Chewable fluoride tablets may be prescribed by your dentist if your local water is not fluoridated.

Fluoride is inexpensive, safe and effective. In addition, every major American health organization supports its use. Ask your dentist how you can obtain the benefits of fluoride.

Dental X-rays may be necessary during your periodic oral examinations. X-rays help the dentist find hidden conditions that might seriously affect your dental health. The ADA recommends that dentists take X-rays only after considering the patients' individual needs. Your dentist will request that you have an X-ray examination only when it will benefit you.

Sealants can protect children's teeth. A sealant is a clear or shaded plastic material that the dentist paints on the chewing surface of the back teeth (premolars and molars), where decay occurs most often. The sealant acts as a barrier, protecting decay-prone areas of the back teeth from plaque and acid.

Obtaining dental insurance

Many Americans are enrolled in dental benefits plans. Dental plans are usually offered through an employer or union. Insurance can be supplied to groups interested in beginning a cost-effective dental plan. Employers can also obtain detailed information on evaluating and improving the coverage of an existing dental plan. Some insurance companies offer dental coverage to individuals who do not have a

dental benefit through a group plan.

Financial assistance

If you need financial to obtain dental care, there are various options available. Dental care for children, and in some states for adults, is available through Medicaid.

From your State or County department of public welfare. A dental society may also provide information on dental care programs for which you may qualify. This would include information about public health clinics and dental school clinics. Dental school clinics provide dental services through graduate dentists or dental students under the careful supervision of faculty members. The fees charged are minimal, usually intended to cover the cost of materials and equipment.

HIB HEALTH

UMDNJ, UCC join forces in health career programs

A regional health education center offering joint programs in the allied health professions has been established by UMDNJ and Union County College (UCC) in Scotch Plains.

The Center is based in UCC's Health Technologies Building at the Scotch Plains campus and was opened at the beginning of the school year.

It offers general education courses offered by UCC that can be applied toward joint associate degree programs in the allied health professions. Professional courses required for degree and certificate programs will be offered by the UMDNJ-School of Health Related Professions both in Newark and Scotch Plains.

The first joint programs planned to be introduced are in dental hygiene, dental assisting, dental laboratory technology and medical laboratory technology. Additional joint programs with UCC and other community colleges will be added in the future.

The Regional Health Education Center is being established under a special legislative appropriation of \$1.5 million awarded to UMDNJ. The funds are being used to plan and

implement the joint programs and to renovate the Health Technologies Building.

A three-story, 66,546 sq. ft. structure, the building provides space for 10 science and allied health laboratories, a dental clinic, nine classrooms, a lecture hall, a library, an academic learning center, 16 faculty offices, two conference rooms, a snack bar, and admissions, counseling, financial aid, continuing education, administrative and custodial offices.

"The essence of this project is cooperation and collaboration, making the most efficient and effective use of our respective resources," stated Dr. Thomas Brown, UCC president. "Both institutions will contribute significantly to this joint endeavor and, together, we will make better use of available technologies and staff expertise. In a time of tight budgets, there is an ever greater need for cooperation and collaboration in all possible ways. To enhance the concept of regionalization, we have agreed that selected allied health professions programs may be offered with other affiliated New Jersey county colleges."

According to UMDNJ president, Dr. Stanley Bergen, "it is our goal to provide comprehensive educational opportunities in the allied health professions, with enhanced academic quality, to benefit the citizens of Union County and the state. We will develop joint and collaborative degree, certificate and diploma programs built upon the strengths and capabilities of both institutions and other county colleges in the state."

Under the memorandum of agreement, UMDNJ will offer all professional courses, which include the clinical component of the educational programs. UCC will offer all general education and science courses.

All students matriculating in the joint programs will apply through UCC's admissions office and will register through that college. Students in the joint programs will have full access to the services, extracurricular activities and facilities of both institutions. Information on these programs and courses is available by calling UCC's admissions hotline at 908-709-7500.

*Don't miss the
November issue of
Heartbeat filled
with important and life
saving information on
Diabetes in black
Americans
For advertising info
call 908-754-3400.*

Breast exams could save your life

by James L. Phillips M.D.

If you are one of thousands of African-American women at risk for breast cancer, the message is clear—check it out.

You can overcome the odds by becoming your own "detective," searching out "clues" with a breast self-examination.

Breast cancer is one of the few treatable cancers in the world. And yet, one-third of black patients die because they put off medical treatment.

According to a recent National Health Interview survey, nearly 16 percent of black women have never heard of breast exams. Another 12 percent knew about such exams, but have never had one.

Compared to other racial groups, African-American women are more frequently diagnosed with late-stage breast cancer. By the time they see a doctor the cancer has spread to other parts of the body.

So start "detecting" now.

Unlike some cancers that disguise themselves, breast cancer's warning signs are obvious. Look for a lump, swelling, skin irritation, nipple retraction, or a dark discharge from the nipple.

Your gynecologist can show you how to check your breasts at home. Don't feel uncomfortable or embarrassed about examining yourself. If you feel a lump, see a doctor immediately.

Mammograms, special X-rays of the breast, are recommended for women age 40 and over with a family history of breast cancer and all women over age 50. The cost can vary depending on location.

More than 40 states have laws requiring health insurance companies to reimburse all or part of the cost of a mammogram. Some health service agencies and employers even provide

mammograms free or at low cost. Check with your insurance company or local health department. For women over 65, Medicare covers a mammogram every two years.

If you're diagnosed with breast cancer, remember that when detected early, the cancer can often be treated with radiation therapy, medication or surgery. Many cases requiring surgery may need only removal of the involved area called a lumpectomy, sparing most of the breast. When a mastectomy or more extensive breast surgery is needed, surgical breast reconstruction is frequently the next choice.

This year alone, some 182,000 women in the United States will be diagnosed with breast cancer. About 46,000 will die.

Breast cancer can strike women as young as 15 years old. Women at risk include those who started their menstrual period at an early age, who never had children or had them late in life, and whose menopause was late. Your chances of getting breast cancer increase with age. The group hardest hit includes women in their mid-50's to mid-70's.

Regular breast exams can save thousands of lives. Unfortunately, many women do not consider breast exams a top priority.

The American Cancer Society recommends the following guidelines to help you in your "detective" work:

- **Ages 20-40:** An exam by a physician every three years, a self-exam every month and a mammogram by age 40.
- **Ages 40-49:** An exam by a physician every year, a self-exam every month and a mammogram every one to two years.
- **Ages 50 and over:** An exam by a physician every year, a self-exam every month and a mammogram every year.

If you are at a higher risk for breast cancer, you may require more frequent exams. Don't miss the clues. It's a mystery that can often be solved.

Muhlenberg to host family health fair

Muhlenberg Regional Medical Center is sponsoring a five-mile walkathon, children's fun run and free comprehensive family health fair Sunday, October 16 from 9:30 a.m. to 2 p.m.

Proceeds from the fundraising portion of the event will benefit Muhlenberg's Operating Suite, which offers less invasive, state-of-the-art procedures. Using latest in advanced medical technology, last year the facility provided surgical services to over 6,000 patients. Many of these surgical procedures can now be performed more quickly and easily, resulting in less painful and more rapid recovery for the patient.

The Walkathon will begin and end at the Muhlenberg Employee Parking Lot at Randolph Road and Park Avenue. Registration is \$5 in advance, and \$7 on the day of the walk.

The Children's Fun Run, consisting of 50, 75, and 100 yard dashes for youngsters age 4 to 10, will be held at the Plainfield High School Track on Randolph

Road (across from Muhlenberg). Registration is \$3 for one child, \$5 for two children.

The Family Health Fair features free blood pressure and pulmonary screenings; children's fingerprinting; Parents' Workshop; Teddy Bear Clinic; face painting; caricatures; The Sports Park Beaver and 'Everyone's Favorite' Purple Dinosaur; 'Fun on Wheels Mobile Gym; and Kids Prints Videos by Blockbuster Video. The health fair will also take place in the Muhlenberg Employee Parking Lot.

Major sponsors include Muhlenberg's Department of Surgery, Pepsi, Rickel, American Printing & Graphics Co., Sports Park USA, 103.5 WYNY, Bridgewater Sports Arena, Fairleigh Dickinson University, L.F. Driscoll Co., and First Option Health Plan.

Brochures with complete information and applications for the five mile walkathon and children's fun run are available by calling the Muhlenberg Foundation at 908-668-2025.

Join us for the annual

MILES FOR MUHLENBERG

Family Health Fair

Five-Mile Walkathon and Children's Fun Run

Sunday, October 16, 1994
(Rain or Shine)

11 a.m. - 2 p.m.*

Muhlenberg Regional Medical Center

Employee Parking Lot on Park Avenue

Free screenings and programs include:

- Blood Pressure
- Pulmonary
- Fingerprinting
- Parents' Workshop
- Teddy Bear Clinic
- Lions' Eye Mobile
- Kids Prints Videos by Blockbuster

FREE Kids' Entertainment All Day

*Walkathon registration begins 9:30 a.m.
Cost is \$5 in advance; \$7 day of event.

Children's Fun Run registration begins
at 11 a.m. Cost is \$3 per child;
\$5 for 2 children.

For more information or to register for the Walkathon, call (908) 668-2025.



MUHLENBERG REGIONAL
MEDICAL CENTER, INC.

Park Avenue & Randolph Road
Plainfield, NJ 07061

A new way to eat your vegetables: in bread

Easy to follow bread recipes for your bread machine

provided by Red Star Yeast and Products

Fall is the time of the year we find ourselves with a bounty of fresh vegetables. While nutritional experts are telling us to include more vegetables in our diets, we wonder what we can do to make them interesting and different. Vegetables have long been dressed up with sauces, served with dips, hidden in creative casseroles or blended into unusual tasting juices. How about combining them to

make nutritious breads?

With the invention of the bread machine, it has become possible to combine the taste of several vegetables with the nutty flavor of flour to make a colorful and delicious loaf of bread. Because the moisture content of vegetables varies so much, it is important that the amount of liquid used in the recipe be closely watched. There is no way to pre-determine the exact liquid proportions as weather and growing

conditions can vary from region to region.

A good rule to keep in mind: Do not add any extra liquid until your machine has kneaded long enough to extract the liquid from the vegetables. At first, the dough will appear dry even crumbly, but vegetables will begin to release their moisture as the dough ball forms. Near the end of the kneading if a soft, round, slightly tacky ball has not formed, more liquid may be added. Be careful to only add one

tablespoon of liquid at a time.

There are several healthy and tasty combinations of bread that can be made from vegetables: red pepper with whole kernel corn, grated potatoes with green onions, carrots with dill or broccoli/cauliflower with cheese. It will be so easy to begin to fill dietary requirements with these exciting and unusual breads. No one will believe they are eating vegetables!

ZUCCHINI BREAD

1/2 Cup buttermilk
1 tablespoon oil
1/2 Cup grated zucchini
2 tablespoons chopped green onion
1/4 cup chopped red pepper
2 tablespoons grated Romano cheese
2 tablespoons sugar
1 teaspoon salt
1/2 teaspoon lemon pepper
1/2 Cup oatmeal
2 1/2 Cups bread flour
1 1/2 teaspoons active dry or quick rise yeast

Select yeast as is appropriate for your automatic bread machine. All ingredients should be at room temperature. Place ingredients into pan in the order suggested by the machine's manual.

PEPPER SWEET CORN BREAD

2 tablespoons oil
1/2 Cup water
1/2 cup sweet corn
1 cup chopped red pepper
1 teaspoon paprika
1 teaspoon salt
1/3 cup cornmeal
2 Cups bread flour
1 1/2 teaspoons active dry or quick rise yeast

Select yeast as is appropriate for your automatic bread machine. All ingredients should be at room temperature. Place ingredients into pan in the order suggested by the machine's manual.

COOKS NOTE: Cook sweet corn and cut off cob.

CHEESY BROCCOLI CAULIFLOWER BREAD

1/4 cup water
4 teaspoons oil
1 egg white
1 teaspoon lemon juice
2/3 cup cheddar cheese
3 tablespoons green onions
1/2 cup chopped broccoli
1/2 cup chopped cauliflower
1/2 teaspoon lemon pepper
2 cups bread flour
1 1/2 teaspoons active dry or quick rise yeast

Select yeast as is appropriate for your automatic bread machine. All ingredients should be at room temperature. Place ingredients into pan in the order suggested by the machine's manual.

BAKED POTATO BREAD

1/2 cup milk
3 tablespoons oil
1 egg
1/3 cup baked potato
1/2 cup chopped red onion
1 tablespoon sugar
1 teaspoon salt
2 cups bread flour
1 1/2 teaspoons active dry or quick rise yeast

Select yeast as is appropriate for your automatic bread machine. All ingredients should be at room temperature. Place ingredients into pan in the order suggested by the machine's manual.

COOKS NOTE: Bake potato in microwave 4 to 5 minutes on HIGH. Spill open and allow to cool 15 minutes. Mash with fork and measure.



HB DISCOVERY

Women take charge of their health on Thirteen/ WNET's Women's Health Day

Thirteen/WNET in New York will present *Women's Health Day*, a first-of-its-kind event featuring cutting-edge programs and widespread community outreach to help women in the tri-state area take charge of their own health care on Saturday, October 29.

Throughout the afternoon and evening, Thirteen will broadcast 12 programs focusing on major women's health issues from prenatal care to menopause, and domestic violence to breast cancer. A special helpline staffed by more than 150 health care professionals from the community will take off-air calls from viewers and provide referrals to tri-state health care services.

During October, Thirteen will be distributing the "Women's Health Yellow Pages," a comprehensive directory of national and local resources of health services for women, to thousands of orga-

nizations throughout the tri-state area.

The goal of *Women's Health Day* is to motivate women to become better managers of their own health.

Program highlights include a one-hour live *Women's Health Day Special* produced to address three important and timely topics: teen health, domestic violence and heart disease in women. The special features interviews with local health experts and people who have personal stories to share about their experiences with illness and the health care system.

During the breaks Thirteen/WNET's Rafael Pi Roman will address the Spanish speaking audience with information about outreach and the day's special presentation of *Mujer A Mujer: Hablemos Sobre El Cancer De Seno*.

The program will air two pilot episodes of *Health In Our Hands*, a projected weekly series produced by Thirteen/WNET that provides information on the latest practices and advances in health care and analysis of health controversies. Each episode will feature the story of one woman and her attempt to find appropriate care for a serious medical condition.

In addition, there will be the premiere of the Public Television Outreach Alliance (PTOA) documentary, *A Woman's Health*. Introduced by First Lady Hillary Rodham Clinton, the one-hour program combines the personal and emotional with factual information as it addresses six common health concerns faced by women today. Through intimate stories of six individuals, the program explores osteoporosis and bone health, breast cancer, cardiovascular disease, violence, depression, and smoking.

More than 150 healthcare professionals from over 100 local clinics and health service organizations will be available in Thirteen's broadcast studios from 1:00 p.m. to 11:00 p.m. to take off-air calls from viewers on the helpline and make referrals to health care organizations, many of them offering free or low-cost services in their area.

The helpline will be available in both English and Spanish with special counselors for either adults or teenagers. The helpline number is 1 800 468-9913 and will be operational on Saturday, October 29

Muhlenberg School of Nursing celebrates 100 years

Muhlenberg Regional Medical Center School of Nursing recently celebrated 100 years of providing the public with nurses. The school of nursing first opened its doors in 1894, with two students in its first class. Now one hundred years later, nearly 2,500 students have graduated from the school.



The weekend celebration ran Friday, and Saturday, September 23 and 24 and included a procession, convocation ceremony, reception at Swain's Galleries, gala dinner/dance and continental breakfast and tours of the medical center. The keynote address was delivered by William M. Piet, president of William Wrigley Jr. Company Foundation. Pictured: Muhlenberg nursing students display their banner during the celebration march.

Take a 'Creative Escape's weekend

Creative Escapes, specializing in stress management and spa retreats for women, is celebrating its first year this October. Conceived by Barbara Mitchell and Sharon Morgan of New Jersey who know first-hand the stress involved in balancing a career, educational pursuits and a family, the program takes care in choosing retreat sites that are not only beautiful, soothing and tranquil; but, also offer luxury

and gracious service. The days are filled with meditation or yoga workshop, palate-pleasing meals, seaweed wrap, stress buster massage, manicures and pedicures all provided by attentive hotel staff. This year's retreat will be held October 22 and 23 at Scanton Princeton Hotel and Conference Center in Princeton's corporate park area. For additional information call Barbara or Sharon at 908-463-3794.

PULSE

A celebrity tribute to medicine 100 years of caring....

On Saturday, October 15, the National Medical Association (NMA) will present A Celebrity Tribute to Medicine, celebrating 100 years of caring at the National Theatre, Washington, DC. The star studded evening, which includes President Clinton, will honor those African Americans who, from the very beginning of medical research and practice, have accepted the challenges and stood proud in the victories accomplished by each and every individual dedicated to medical excellence.

The National Medical Association, originally known as the National Association of Colored Physicians, Dentists and Pharmacists was formed in Atlanta during the Cotton States Exposition in 1895.

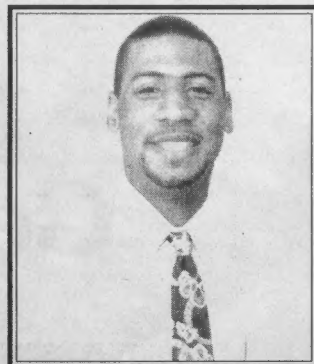
Originally consisting of 500 physicians, dentists and pharmacists in 1912, the Association has grown to over 13,500 - comprised of physicians in primary care, pediatrics, radiology, pathology, aerospace medicine, academic medicine, administration specialties and medical and surgical sub-specialties.

The mission of the National Medical Association is to promote the science and art of medicine. The NMA also acts to influence society and its institutions, to encourage, to protect and to promote the betterment of the public health, and the quality of life for individuals and families. For further information, please contact Kenneth R. Reynolds 213-938-2364.

Blaylock graduates medical intern program

Administrative Intern Morris Blaylock has completed a three-month term with the Monmouth Medical Center administrative team through the American Hospital Association's (AHA) new minority health care administration program. "The AHA, through the Institute of Diversity, advertised an internship program offering opportunities for minority involvement in health care administration. My goal is to attend medical school and become a physician, but I am interested in health care administration and how it interacts with physicians," says Blaylock.

He is a biology major in his junior year at Savannah State College, Savannah, Ga., and worked on a variety of educational quality assessment and improvement projects at Monmouth.



Women of color are often women with cancer.

Most women don't know the facts. That 1 in every 9 women will develop breast cancer in her lifetime. For women of color, though, the recent news is even more compelling. Several recent studies suggest that breast cancer may appear in a more deadly, faster-growing form in black women. And because black women are less likely to go for regular physical examinations, they are actually more likely to die from the disease. Breast cancer, in fact, is now the leading cause of cancer death in black women.

Age	Recommended
Age 40	Baseline
40-49	Every other year
Over 50	Every year

Recommended by the
American Cancer Society

But there is hope. When breast cancer is detected early, it is more than 90% curable.

And one of the best ways of ensuring early detection is by getting a mammogram at The Center for Breast Imaging. A mammogram is a safe, painless, low-dosage X-ray that can detect a

lump in your breast up to two years before a physical exam can. Having one mammogram a year can be the gift of life you give to yourself.

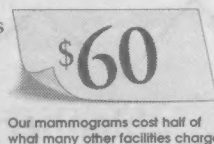


At The Center for Breast Imaging, the cost of a mammogram is only \$60. Most health insurance companies cover the cost of a mammogram and assignment (including Medicaid and Medicare) is accepted.

You can rely on the all-female staff of caring doctors and nurses at The Center for Breast Imaging to listen to your concerns and answer all your questions. Best of all, they

always share the results of your mammogram with you the same day, before you leave the office.

The Center for Breast Imaging is open Monday through Friday from 8 AM to 4:30 PM. It is conveniently located at the Doctors Office Center on the Newark campus of UMDNJ, with free on-site parking and bus service at our corner.



Our mammograms cost half of what many other facilities charge

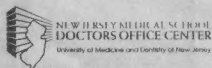
Do it for yourself. Do it for those you love. Give yourself the gift of life by making time for a mammogram. **Schedule yours today by calling (201) 982-2878.**



**THE
CENTER
FOR BREAST
IMAGING**

90 Bergen St., Suite 1500, Newark, NJ 07103-2499

Protect yourself. Get a mammogram.



For a FREE Breast Self-Exam Shower Card, call our toll free number: 1-800-982-DOCS (3627)